

express

A PUBLICATION OF **The Washington Post** | LIVE ALL DAY AT WWW.READEXPRESS.COM | JULY 25, 2006 | >> **FREE** <<

Tuesday



An injured Israeli soldier returns from Lebanon.

War Wounds: Fierce fight takes a toll on Israeli soldiers | **9**

Trade Impasse: WTO talks collapse over aid to farmers | **9**

Giant Target: Baseball's most polarizing player comes to town | **19**

ENTERTAINMENT

Good Turn:

Ian McShane leaves his villain image behind with 'Scoop.' Also, Bone Crusher's musical 'prequel.'

>> **13-16**

Weather >> Sun, Storms



88 | 68

FULL FORECAST ON PAGE 34

Little Progress in Beirut Visit

In tense meeting, Lebanese officials reject Rice's peace plan

BEIRUT, LEBANON | Secretary of State Condoleezza Rice disappointed her Lebanese hosts Monday by saying in a face-to-face visit that the U.S. would not press Israel for a quick cease-fire without addressing the longer-term threat from Hezbollah.

With little diplomatic progress to show for her lightning trip to Beirut, the Bush administration instead focused on the announcement of \$30 million in humanitarian aid for Lebanon, which has borne the brunt of fighting

between Israel and Hezbollah guerrillas.

Lebanese leaders had hoped Rice's trip would hasten a cease-fire in the fighting between Israel and the Hezbollah militants in Lebanon that has claimed hundreds of lives, mostly Lebanese civilians.

In a meeting that appeared tense, Prime Minister Fuad Saniora told Rice that Israel's bombardment had taken his country "backwards 50 years," the prime minister's office said. And Nabih Berri, Lebanon's parliament



Rice

speaker and Hezbollah's de facto negotiator, rejected proposals brought by Rice almost as soon as she left.

Rice, reflecting the U.S. view that a quick cease-fire would not be sustainable, had proposed instead that

the fighting stop at the same time that an international force be deployed in southern Lebanon, an official close to the speaker said.

KATHERINE SHRADER (AP)

Scorched Calif. Declares Power Emergency



HEAT SHIELDS: Meta Baines, left, and Tasha Thornton use umbrellas to protect themselves from the sun in Los Angeles on Monday. With California's electrical system straining under a weeklong heat wave, officials warned that rolling blackouts were possible. ♦ **Lights out:** Many still feeling earlier blackouts | **Page 5**

EYE FOR AN EYE | Paint and Suffering A Painesville, Ohio, judge on Thursday ordered two paintball shooters to take aim at their own cars if they wanted to stay out of jail. Joshua Breeding and Christopher Lyons were found guilty of splattering



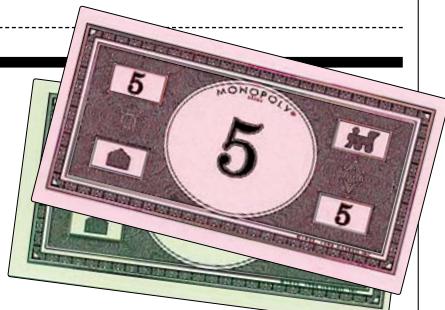
another man's vehicle with paintballs in May. They each got a sentence of 60 days in jail, or, the judge said, they could do 40 hours of community service — and shoot their own cars with paintballs and clean up the mess. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners

MONOPOLY

Don't Leave Park Place Without It

A new version of Monopoly has phased out the cash in favor of debit cards, Sky News reported. Instead of the tangible money, players have cards that keep track of their balance by using a small electronic machine, held by the banker player, that reads the card. The reader keeps track of players' earnings and payments. Company spokesman Chris Weatherhead said the game is simply keeping up with the times: "The new electronic Monopoly reflects the changing nature of society and the advancement of technology." The electronic version costs about twice as much as the standard cash version. (EXPRESS)



CELEBRATIONS

Thanks, Jesus!

Thanks a Lot, Judge

Junior Stowers of Honolulu, Hawaii, raised his hands and exclaimed, "Thank you, Jesus!" in court last month when he was acquitted of abusing his son. But his joy was short-lived when the

judge held him in contempt of court for the "outburst" and threw him in jail. Stowers sat in the courtroom and a cell-block for about six hours until the judge granted him a hearing on the contempt charge and released him. The judge at a July 7 hearing dropped the contempt charge, a petty misdemeanor that carries up to 30 days in jail. (AP)



JUMPING THE GUN

Season's Heatings

"Christmas in July" isn't just some lame-o attempt to lure shoppers into Kmart — at least, not for the Kriss Kringle-crazed participants of the annual World Santa Claus Congress. The event started Monday at the Dyrehavsbakken amusement park in Klampenborg, Denmark, with attendees from all over the world. The Santas took part in a parade as temperatures reached 82 degrees. For those counting down: five more months until Christmas. (EXPRESS)

JOCKEYS

When the Whip Just Isn't Enough

Jockey Paul O'Neill will be investigated by the sport's governing body

after replays showed him head-butting his horse, City Affair. The Horseracing Regulatory Authority made the decision Monday to hold an inquiry after reviewing TV footage from the incident at the Stratford races on Sunday. "We

haven't got a date set, but we are going to go for sometime next week — our inquiry day is usually on the Thursday," HRA spokesman Owen Byrne said. City Affair was being unruly in the parade ring, ultimately throwing O'Neill. (AP)

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"Everyone who watches the show knows that what is being said is a joke and that it's about silly topics. —Rep. Robert Wexler on his appearance on the Comedy Central show the Colbert Report, when he jokingly said, "I enjoy cocaine because it's a fun thing to do."



Nation

In Brief



Policemen George Sheridan, right, and Rod Russell discuss the case Monday.

MUNCIE, IND.

FBI Joins Investigation Into Highway Sniper Attacks

The FBI joined the investigation Monday into the sniper attacks that killed one person and wounded another along two Indiana interstates, and police searched fields, overpasses and roads for evidence. Sniper attacks on two trucks on Interstate 65 killed a man and wounded another person early Sunday. Two hours later, bullets struck a two vehicle on I-69. (AP)

BOSTON

Big Dig Chief Sues to Block Demotion by Gov. Romney

The head of the agency that oversees the troubled Big Dig highway project filed suit Monday seeking to prevent the governor from ousting him from his \$223,000-a-year job. In the lawsuit, Matt Amorello asks a justice of the Supreme Judicial Court to block Gov. Mitt Romney from demoting him as chairman of the Massachusetts Turnpike Authority. (AP)

Bush Pushes Immigration Measure

President honors new citizens, urges progress over bill in Congress

WASHINGTON | President Bush presided over a citizenship ceremony Monday for three soldiers injured in Iraq, calling them "men who knew the cost of freedom and were willing to pay that cost so others could live free."

Bush also used his visit to the Walter Reed Army Medical Center to promote his stalled proposal for overhauling the nation's immigration laws. He urged Congress to break the current stalemate and pass comprehensive legislation.

The three injured soldiers who became citizens were Spc. Noe Santos-Dilone, Spc. Sergio Lopez



SIGNING ON: Pfc. Eduardo Leal-Cardenas, 21, uses President Bush's podium to sign his name on his naturalization document in Washington on Monday.

Guest-Worker Plan

→ In an attempt to strike a pre-election compromise on immigration, two GOP lawmakers will unveil a new proposal aimed at guest workers. | Today, A Section

IN The Washington Post

and Pfc. Eduardo Leal-Cardenas. Santos-Dilone was a citizen of the Dominican Republic and the other two were citizens of Mexico.

Santos-Dilone was injured last Sept. 6 when the convoy in which he was riding was bombed. Lopez was injured when his Humvee was hit by a roadside bomb south of Baghdad last Jan. 6. Leal-Cardenas was injured by a roadside bomb last Dec. 6 while on a mission just south of Baghdad. NEDRA PICKLER (AP)

Democrats Offer New Economy Plan

Clinton assails Bush, promises programs to aid middle class

DENVER | Sen. Hillary Rodham Clinton, sounding a lot like a 2008 presidential candidate Monday, accused President Bush and the Republicans of making a mess of the economy and failing to ensure affordable services for the nation's middle class and poor.

"It's the American dream, stupid," said the former first lady in a riff on

her husband's successful 1992 campaign mantra — "It's the economy, stupid."

"They're not taking care of America. They're bankrupting our country and failing to address the problems," the New York senator said, citing skyrocketing gas, college and health-care costs and lamenting a GOP "failure to provide Americans with economic security."



Clinton

She unveiled the "American Dream Initiative," a package of economic proposals aimed at strengthening the middle class and helping the poor work out of poverty.

The 20-page document proposes steps to curtail federal spending, make college more accessible, ensure solvent retirement accounts and make health care more affordable, all with the goal of correcting the country's current "misguided economic philosophy" and providing opportunities to get ahead.

LIZ SIDOTI (AP)

Boston Woman Killed at Shrine To Slain Brother

BOSTON | On the fourth anniversary of her brother's slaying, a woman lighting candles at a makeshift shrine to him was gunned down, killed at about the same spot, on the same day and at nearly the same hour as her older sibling.

Police said they don't know who shot her or why.

The woman was killed Saturday at about 11:30 p.m. in the city's Roxbury neighborhood. (AP)



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FRUIT FAKE-OUT: Cookie lovers seem more likely to eat apples and other fruits than salty snacks, suggests a new study. If true, that finding might be useful in encouraging people with a sweet tooth to eat healthier foods instead, according to a new study.

Nation

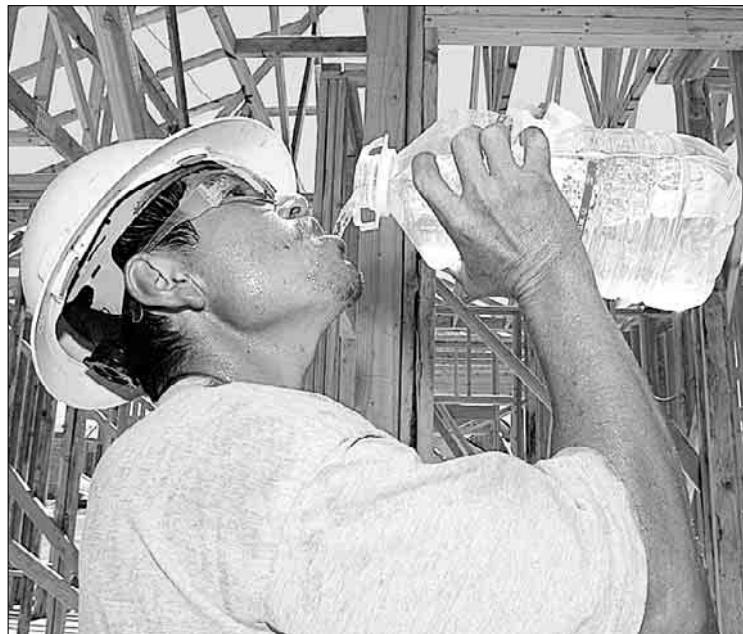
Heat Wave Spurs Calif. Power Crisis

More blackouts feared as high temperatures drive electricity usage

SACRAMENTO | Scorching heat pushed California's electricity supply to the brink Monday and threatened another round of blackouts as utility crews across the state struggled to restore power to tens of thousands of people.

Authorities warned that the eighth day of the heat wave could drive demand for electricity in California to an all-time high. Some businesses cut their power usage under a program that grants them lower rates if they agree to conserve during a crisis.

California Gov. Arnold Schwarzenegger directed state agencies to reduce electricity use



WATER BREAK: Arturo Guerero takes a water break while framing a new home at a construction site in Rancho Cordova, Calif., amid sweltering temperatures Monday.

STEVE YEATER/AP

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Chicago Leaders Vote to Pass New Restrictive Laws

CHICAGO | If you're a cell phone-using, goose liver-eating, cigarette-smoking, fast food-loving person, Chicago might not be your kind of town.

In this city that once winked at Prohibition, members of the City Council are trying to crack down on things they deem unhealthy.

A proposal that would restrict fast-food chains from cooking with artery-clogging trans-fat oils got a public airing last week, and in the past year alone aldermen have banned smoking in nearly all public places and the use of cell phones while driving.

Critics, including the mayor, wonder if the City Council has suddenly deemed itself the behavior police. (AP)



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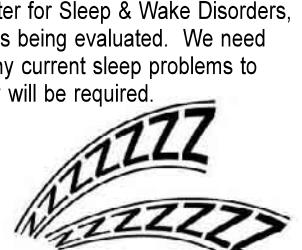
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Don't Wait, Participate

The percentage of Britons who believe Israel has gone too far in its military action in Lebanon, according to poll for the *Guardian* newspaper. Nearly two-thirds of those surveyed believe Tony Blair has tied Britain too closely to the U.S.

In Brief

VIENNA, AUSTRIA

Albanian, Serbian Leaders Meet About Kosovo's Status

Top ethnic Albanian and Serbian leaders were as divided as ever Monday during their first face-to-face talks over Kosovo's future. Ethnic Albanians arrived at the unprecedented talks insisting that their tiny province be independent. Serbs said they were ready to offer broad autonomy, but wanted to keep Kosovo within Serbian borders. Kosovo's status was last formally discussed in 1999 at the height of the war that pitted Serbian troops loyal to former Yugoslav President Slobodan Milosevic against ethnic Albanian separatists. (AP)



Supporters of Andres Manuel Lopez Obrador rally in Mexico City on Monday.

MEXICO CITY

Leftist Candidate's Backers Maintain Protests Over Vote

A top adviser to leftist presidential candidate Andres Manuel Lopez Obrador said Monday the July 2 election should be annulled if there is no recount, and that conservative Felipe Calderon won't be able to govern with such a weak mandate. Lopez Obrador's supporters continued their protests Monday, blocking the entrance of the Mexican stock exchange before marching to the home of President Vicente Fox. (AP)

BRUSSELS, BELGIUM

EU Decides to Continue Funding Stem Cell Research

The European Union decided Monday to continue funding human embryonic stem cell research, although new rules adopted by the 25-nation bloc prevent cloning humans and destroying embryos. The funding will come from the EU's \$65 billion research budget for 2007-2013. (AP)

Fighting Takes Toll on Israeli Troops

Battles in Lebanon's Hezbollah strongholds a scene of destruction

ON THE ISRAEL-LEBANON BORDER | The heavy guns thundered before dawn Monday, sending deadly shells crashing down into the Lebanese border town and paving the way for the advancing Israeli tanks and troops.

By daybreak, bloody and bruised soldiers, shock etched deep in their faces, were streaming back over the border into Israel.

The incessant crackle of gunfire pierced the air as explosions over the hills surrounding Bint Jbail kicked up plumes of gray smoke. All the while, tanks rolled back into Israel, ferrying the wounded over the rocky, barren landscape.

Two Israeli soldiers were killed and at least 20 were wounded Monday, the army said, as guerrillas in the town, a Hezbollah stronghold, issued a withering barrage of bullets, anti-tank missiles and mortar shells.

Maj. Gen. Gadi Eizenkot, chief of operations for the Israeli Defense Force, said between 100 and 200 Hezbollah fighters were fortified inside the town, while much of the civilian population had fled. Hezbollah, he said, suffered dozens of casualties.



FRONT LINES: Israeli soldiers comfort each other after returning from heavy fighting in southern Lebanon on Monday.

One by one the wounded were carried out on stretchers. One young soldier had blood streaming down his leg, which was bound with a tourniquet. Another lay still on a stretcher, only his twitching legs indicating that he was alive.

Israel appeared to be easing its bombardment in populated areas and roads in Lebanon that has killed hundreds, displaced as many as 750,000 and dismembered the

War Goes on YouTube

→ Gripping video footage of the Mideast conflict's most personal impact—from Haifa to Beirut—can now be seen on popular Web sites like YouTube.com | **Today, A1**

IN **The Washington Post**

transportation network. Instead, it appeared to be focusing its firepower on Hezbollah at the front. Beirut saw no strikes all day.

Those wounded in the battle Monday were rushed to Haifa's Rambam hospital for treatment, some of them straight into surgery.

"You never think that your brother will be wounded in the army. It is the kind of thing that only happens to other families," said Daniel Gino, 19, whose 23-year-old brother was being operated on to remove a bullet from his shin. **BENJAMIN HARVEY (AP)**

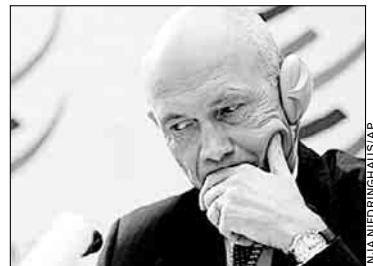
WTO Talks Suffer 'Serious Setback'

Members move to halt negotiations started in '01 on trade barriers

GENEVA | WTO members called a halt to more than five years of commerce liberalization talks Monday as differences over farm aid proved unbridgeable.

Pascal Lamy, director-general of the World Trade Organization, said a deal billed as a recipe for lifting millions of people worldwide out of poverty would not be reached by the end of the year.

"We are in dire straits," Lamy said after six of the WTO's most



WTO chief Pascal Lamy said Monday that negotiations were in "dire straits."

powerful members failed to agree on steps toward liberalizing trade in farm and manufactured goods. He said he did not intend to propose any new deadlines or a date for negotiators to resume meeting.

The European Union criticized U.S. intransigence over agricultural subsidies for the breakdown, while the U.S. blamed Brazil and India for being inflexible on cutting barriers to industrial imports and the EU for refusing to make deeper cuts in its farm import tariffs.

Some ministers also warned Monday that the suspension of the talks, which began in Qatar in 2001, might also cause an increase in the number of trade disputes being brought to the WTO.

"This is a serious setback, a major setback," said Brazilian Foreign Minister Celso Amorim. **BRADLEY S. KLAPPER (AP)**

Taliban Attack Afghan Police

KABUL, AFGHANISTAN | Heavily armed Taliban militants in pick-up trucks attacked a district police headquarters Monday and killed three officers, while authorities killed four suspected suicide bombers as the violence that has ravaged southern Afghanistan crept into the west.

Two coalition soldiers, meanwhile, were seriously wounded in a suicide car bombing near Kandahar. The fighting came as NATO-led forces prepared to take over command of security operations in the hard-line militia's former southern heartland. (AP)

World



LAW & DISORDER: India's parliament, which witnesses ample action, melodrama and comedy, got a new platform Monday to showcase it all: its own 24-hour TV channel. The channel is also planning to offer music, dance and clips of cultural interest.

In Congo, Army Keeps Fears Alive

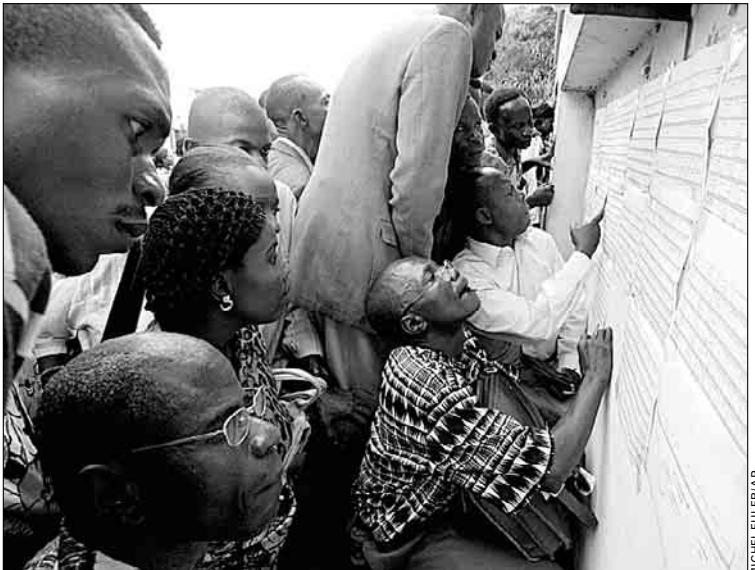
Ahead of landmark elections, distrust of soldiers looms large

GOMA, CONGO | Elections on Sunday are supposed to herald the birth of a new Congo, but that future is threatened by old soldiers who won't give up their habits of looting, raping and killing.

Disgruntled men with guns have dragged countries back into war before, after peace treaties were reached and implemented. The problems of Congo's army are a textbook example of why that happens, with former militiamen and rebels integrated into a little-trained and poorly paid force led by former warlords.

The army has been accused of looting villages and raping and killing civilians, even during joint operations with U.N. peacekeepers.

Ministry of Defense spokesman Delion Kimbu sought to play down the problem, though he acknowledged soldiers have burned homes



STEPPING FORWARD: Election workers check for their polling station assignments outside the offices of the electoral commission in Kinshasa, Congo, on Monday.

and attacked civilians. "Even U.N. soldiers have been accused of crimes and abuses," he said. "Our army also has its problems."

Some 17,600 U.N. troops are in Congo to help the army secure Sunday's vote, the first democrat-

ic presidential and parliamentary elections in four decades.

Congo's east is particularly worrisome. Here, militias from Congo and Rwanda kill, loot and rape despite a 2002 peace deal that ended fighting elsewhere.



→ **Land:** The Democratic Republic of the Congo is nearly three times the size of Texas.

→ **Population:** More than 58 million people, of whom about 25 million are registered to vote.

→ **Religion:** Christian 70%, Muslim 10%, indigenous beliefs 20%.

→ **Resources:** Teobalt, copper, diamonds, gold, silver, tin and coltan make it one of Africa's most mineral-rich countries. (AP)

Between 1996 and 2002, some 4 million people died in Congo, most from war-related hunger and disease. Peace deals brought many militia fighters into the army.

Clarice Kahindo, 28, said "even the rebels" were better than the soldiers. "These people are not soldiers; they are government militiamen."

ANJAN SUNDARAM (AP)

U.S. Troops in Iraq Focusing on 'Death Squads'

BAGHDAD, IRAQ | American troops are stepping up operations in the Baghdad area to combat "death squads" and dampen the violence threatening the new unity government, a U.S. general said Monday.

U.S. and Iraqi forces conducted 19 operations last week targeting death squads, U.S. spokesman Maj. Gen. William Caldwell told reporters. All but two were in Baghdad, he said.

Security in the Iraqi capital is expected to figure prominently in talks Tuesday in Washington between President Bush and Prime Minister Nouri al-Maliki.

Many of the death squads are believed to be associated with either Sunni or Shiite armed groups. On Monday, the city morgue in Kut reported receiving 19 bodies — blindfolded and some showing signs of torture. They were believed to be victims of sectarian death squads, city officials said. (AP)

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The number, in thousands of passenger trips, recorded by Metro on Friday, the ninth-busiest day in the system's 30-year history. Metro estimated 28,000 of those trips were for the sold-out Nationals-Cubs game.

ARLINGTON, VA. | IN THE SERVICE



MICHELE DUCILLE/WP

BRANCHING OUT: Joshua Malik ascends a rope Monday to repair a tree at Arlington National Cemetery during "Renewal & Remembrance Day." Malik was among nearly 200 land-care professionals volunteering their service.

Fairfax County Gives Engineers Flood Data

Officials provide 6 studies on protecting homes from watershed

ALEXANDRIA, VA. | The U.S. Army Corps of Engineers is investigating flooding last month that seriously damaged more than half of Huntington's 311 homes, making it one of the hardest-hit areas in the region.

Fairfax County officials have forwarded to the Corps a virtual library of data for the inquiry. It includes at least six studies by government agencies examining the neighbor-

hood near the tip of the Cameron Run watershed, which drains runoff from a 42-square-mile area into the Potomac River.

Two of the reports — one completed in 1977 and the other in 1982 — recommended a flood wall or earthen berm to protect against flooding. Officials say the measures were considered too expensive.

County officials, meanwhile, have declined to speculate on what caused Cameron Run to rise an estimated 14 feet in some locations June 25, blowing out windows, buckling brick walls and drenching basements in raw sewage. (AP)

The Lotteries

Monday, July 24

DISTRICT

Mid-day Lucky Numbers	0-2-3
Evening Lucky Numbers	0-8-8
Mid-day DC 4	8-5-4-9
Evening DC 4	4-7-8-5

Rolling Cash Five	17-7-35-26-19
Daily 6	14-39-5-31-8-24 (10)

MARYLAND

Mid-day Pick 3	8-1-3
Evening Pick 3	5-7-2
Mid-day Pick 4	5-8-2-9
Evening Pick 4	6-4-6-0
Match 5	6-10-11-14-23 (34)

VIRGINIA

Mid-day Pick 3	4-6-9
Mid-day Pick 4	3-6-6-9
Mid-day Cash 5	04-09-27-31-34

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Local

Officer Gets His Job Back

Police official lost his position after talk to Georgetown residents

WASHINGTON | A police commander who made a racially insensitive remark following a Georgetown slaying returned to his position Monday after being reassigned.

On July 10, Cmdr. Andy Solberg spoke to residents of the neighborhood who had gathered to express concerns about the killing of Alan Senitt, 27, an intern for the poten-

tial presidential campaign of former Virginia Gov. Mark R. Warner.

Senitt's throat was slit one day earlier during a robbery as he and a female companion returned from a movie. Police say Senitt's attackers attempted to rape the companion.

"At 2 o'clock in the morning on the streets of Georgetown, a group of three people — one of whom is 15 years old, one of whom is a bald, chunky, fat guy — are going to stand out," said Solberg, referring to the suspects. "They were black. This is not a racial thing to say that black

people are unusual in Georgetown. This is a fact of life."

Solberg, who is white, was reassigned the next day to the department's security services division, said a police spokesman.

Police Chief Charles H. Ramsey said he took "corrective action" against Solberg before reinstating him as acting commander of police District 2. BRIAN WESTLEY (AP)

'Crash' course: Solberg must create police academy lesson based on Oscar-winning flick. **Today, Metro**

In Brief

WASHINGTON

Curfew for Teenagers to Be Enforced Starting Monday

Teenagers have another week before they'll have to comply with an earlier curfew. Beginning Monday, children under 17 years old will have to be off the streets between 10 p.m. and 6 a.m. Mayor Anthony Williams included the earlier summer curfew hours in his crime-emergency legislation passed by the D.C. Council on Friday. However, the Council modified the legislation — in effect through the end of April — so that

HEARSAY | SUPPORT

"Based on his record and leadership skills ... We've decided to publicly announce our support."

— DAN KAUFMAN, MD. STATE TEACHERS UNION SPOKESMAN, SAYING THAT THE ORGANIZATION WOULD ENDORSE BALTIMORE MAYOR MARTIN O'MALLEY FOR GOVERNOR.

five days notice was required before the earlier curfew could be enforced. After that, Williams will have to issue an executive order to extend it. (AP)

WASHINGTON

HIV Testing at D.C. Jail to Be Available on Admission

HIV testing at the jail remains voluntary, but officials hope making the tests automatically available when adults are first admitted to the system will encourage more testing. Department of Corrections director Devon Brown said the testing is being stepped up as part of a city-wide effort to promote HIV awareness. The District has the highest rate of new AIDS cases in the coun-

try, with nearly 180 per 100,000 residents. A health department spokeswoman said the District's screening program lets jail inmates opt out whenever they choose. (AP)

WASHINGTON

In 5 Years, Speed Cameras Bring in More Than \$110M

The automated speed-camera program is marking its fifth anniversary by reporting more than \$111 million in fines collected since its inception. According to police, the \$2.3 million in fines collected last month brings this year's total to more than \$16 million. That's well ahead of last year's pace, when a record \$28.9 million was collected. (AP)

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Money

AOL Weighs Risky Service Overhaul

Time Warner's board to review plan to make features free of charge

NEW YORK | The company responsible for introducing millions of people to the Internet is poised to undergo a transformation that would likely accelerate its decline as a gatekeeper of access to the information superhighway.

Time Warner Inc.'s board is expected to review on Thursday a proposal for its AOL LLC online unit to make even more services free, likely including the vaunted AOL.com e-mail accounts, in hopes of boosting advertising.

The strategy is risky: Millions of customers would likely drop their paid subscriptions, and AOL would lose hundreds of millions of dollars a year, perhaps even a billion or more, for the promise of an advertising payoff sometime in the future.

But AOL has little choice. Its subscription business will keep eroding regardless. Internet advertising, meanwhile, is booming industry-wide, and opportunities abound with ad-supported online video, where AOL is strong.



JOE RAEDLE/GETTY IMAGES

Dulles, Va.-based AOL is poised to offer more of its Web services for free.

"It's a risky game they're playing, but it would be riskier not to play," said David Hallerman, a senior analyst with eMarketer Inc.

As Americans turned to cable and phone companies for high-speed service, they saw less need to pay AOL simply for the exclusive content.

It's not clear what else might become free. It's possible AOL would charge separately for parental control and security software, so users wouldn't need the entire subscription package simply for those programs. ANICK JESDANUN (AP)

In Brief

NASHVILLE, TENN.

Hospital Operator HCA Headed for \$21.3B Buyout

The board of HCA Inc. is recommending the nation's largest for-profit hospital operator accept a \$21.3 billion deal to take the company private in one of the largest leveraged buyouts ever. The deal, which would involve the assumption of \$11.7 billion in debt, comes while HCA is struggling with sliding earnings, slow growth and escalating costs for uninsured patients. The buyout would take the Nashville-based company private for the second time since its initial public offering in 1969, and it would give HCA time to turn around its market performance. (AP)

WASHINGTON

Oil Trades at \$75 a Barrel On News of Refinery Snags

Oil prices jumped to \$75 a barrel on Monday following reports of several refinery snags that helped push gasoline futures higher. Earlier in the day, prices had fallen on traders' growing belief that the violence in Lebanon and Israel is unlikely to spread across the oil-producing region. But reports of refinery snags from Texas to California reignited concerns about fuel supplies during the busy summer driving season. (AP)

Market Action

New York Stock Exchange

Gainers			
STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
ExcoRes n	12.10	+1.85	+18.0
Polo RL	55.40	+7.50	+15.7
Applica h	3.96	+.50	+14.5
Mdbklns	11.30	+1.36	+13.7
GerbSc	14.82	+1.38	+10.3

Losers

SeaCntB If	4.86	-.34	-6.5
HghldCr n	19.82	-1.18	-5.6
Newkirk n	16.05	-.90	-5.3
FrankCov	6.15	-.33	-5.1
DmRsBW	34.13	-1.75	-4.9

NASDAQ Stock Market

Gainers			
STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Cardiom g	12.15	+.34	+36.4
Parkrvsn	6.90	+.13	+23.9
PegasusW n	6.59	+.12	+22.9
MER Tle	2.58	+.45	+21.1
lomai n	3.00	-.02	-0.7

Losers

ChinaBAK n	4.67	-.212	-31.2
BostnCom	2.79	-.122	-30.4
Astec	21.70	-.594	-21.5
VirtualSco n	3.10	-.71	-18.6
RainingD If	3.85	-.65	-14.4

Rates

	CURRENT	PREVIOUS WEEK		TODAY	PREVIOUS DAY	YEAR AGO
Prime Rate	8.25	8.25		.5406	.5380	.5756
Fed Funds close	5.25	5.3125		1.1408	1.1378	1.2187
3-month disc	4.96	4.97		European Euro	.7881	.8289
2-year	5.08	5.12		Japanese Yen	116.79	116.18
10-year	5.05	5.07		Mexican Peso	10.8795	10.9335
30-year	5.11	5.10		Taiwanese Dollar	32.80	32.69

Currency (Dollars in foreign currency)

British Pound	.5406	.5380	.5756		
Canadian Dollar	1.1408	1.1378	1.2187		
European Euro	.7918	.7881	.8289		
Japanese Yen	116.79	116.18	111.20		
Mexican Peso	10.8795	10.9335	10.6090		
Taiwanese Dollar	32.80	32.69	31.54		

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+1.68
11051.05

NASDAQ

+41.45

+2.05
2061.84

S&P 500

+20.62

+1.66
1260.91

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	66.87	+.72	-15.2
Amylin	46.44	+.73	+16.3
BiogenIdec	41.20	+.47	-9.0
Celgene s	47.60	+.162	+46.9
ChRvLab	35.55	+.15	-16.1
GenProbe	54.29	+.96	+11.3
Genentech	80.37	+2.44	-13.1
Genzyme	66.18	+2.27	-6.5
GileadSci	60.41	+.70	+14.9
Imclone	35.30	-.56	+3.1
Invitrogen	63.39	+1.49	-4.9
MedImmune	25.63	+.19	-26.8
MilliPhar	9.60	+.28	-1.0
QIAGEN	14.91	+.57	+26.9
VertxPh	35.05	+.69	+26.7



'GREY' SPRINGS ETERNAL: Can't get enough of that McDreamy stuff? Lifetime will be running old "Grey's Anatomy" episodes daily — starting in 2009. Lifetime snatched up the medical soap after a deal between ABC and the cable nets Oxygen and TNT fell through.



YOU CAN'T CALL HIM AL: McShane leaves his "Deadwood" persona behind to co-star with Scarlett Johansson in "Scoop."

Lightening Up

For versatile actor Ian McShane, it's no more Mr. Vicious Guy

A NEW MAN | Ian McShane is responsible for one of television's most iconic characters: the deadly, amoral Al Swearengen of HBO's acclaimed Western "Deadwood," now in its third season. Armed with

a hair-trigger temper and a vocabulary that would make Lenny Bruce blush, Swearengen possesses repellent qualities, but he also makes for compelling viewing.

McShane may share his character's charisma, but that's where the comparisons end. Audiences will have the opportunity to see the more civilized side of McShane when the actor appears on the big

screen in "Scoop," the new comedy from Woody Allen.

In the film, McShane plays another larger-than-life character: acclaimed journalist Joe Strombel, who literally cheats death to deliver a hot tip on a serial killer terrorizing London. Unfortunately, the only people Strombel can reach from beyond the grave is a naive journalism student, played by Scarlett

(BACK STAGE WEST)

It Came From the South

Atlanta Bone Crusher plays 'The Beast' on a loud, exhausting CD

MUSIC | Three years ago, when he debuted with "Never Scared" — a hit as massive as he was — Bone Crusher seemed primed to be crunk's first breakout star. With his manic delivery and 300-pound frame, the Atlanta rapper had a look

and sound that made him recognizable among the generic strip-club shout-outs that were rapidly multiplying throughout the South and spreading across the U.S.

A budding acting career and the usual industry woes have delayed the follow-up, "Release the Beast" (845/Bodyhead Entertainment), touted as a "prequel" to Bone Crusher's first album, "AttenCHUN!" That's about the most generous way to view this



It turns out that "Never Scared," isn't the same as "never wary of the Industry."

disc, which — without producer Jermaine Dupri and his major-label clout — is a step backward.

In small doses, best taken via the single "Southern Gorillaz," Bone Crusher's pugnacious, raw-throated delivery will still get fists pumping. But by the time the R&B-flavored "Feel It" cues up, listeners will have been shouted down — without the lyrical finesse to make the yelling intriguing. Bone Crusher's in-your-face style is tailor-made for invigorating guest appearances. But at album length, the Beast becomes a burden. DAN LEROY (THE HARTFORD COURANT)

Entertainment

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT



Some say the world will end in fire, some say with accordion accompaniment.

Burn, Baby, Burn: Cabaret Inferno

I An anarcho-punk cabaret, or what the New York-based collective calls "red-eyed soul," the cathartic clatter made by the World/Inferno Friendship Society will change your mind about ... well, everything.

Black Cat backstage, 1811 14th St. NW; with Max Levine Ensemble, 9 p.m., \$8; 202-667-7960. (U St.-Cardozo)

Candlebox: Light My Fire

2 A genuine Seattle article but not beloved of the skin-capped-wearing grungocracy, Candlebox draped mass-acceptable bluesy hard-rock over a pop skeleton, and scored monster success.

9:30 Club, 815 V St. NW; with Driveblind, 7:30 p.m., \$25; 202-265-0930. (U St.-Cardozo)

Mr. Punch: A Story With a Kick

3 In "Punch's Progress: A Pulcinella Story," the brutal trickster puppet sets out to trace his origins. Writer-performer Aaron Cromie finds the darkly humorous figure in everything from commedia dell'arte to vaudeville to stand-up in this one-man show.

Flashpoint, 916 G St. NW; 8 p.m., \$15; 866-811-4111.

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment



A PUNK AND A TRUNK: Lumbering beast Vin Diesel will ride a lumbering beast in the BET cartoon series "Hannibal the Conquerer." The action star will play the general who took on the Roman Empire with an army of elephants.

Lights, Camera, Fangs

Meet the handler to the real stars of 'Snakes on a Plane'

SSSWEETHEARTS | The sign reads "Trespassers will be poisoned."

Outside the front door, more than 100 black grasshoppers, each the size of a small rat, are pinned onto a plastic foam sheet, drying in the sun. Inside, hundreds of snakes, scorpions, lizards, leeches, tarantulas, beetles and cockroaches crawl about in clear plastic cages.

This is the office of Jules Sylvester, Hollywood snake wrangler and behind-the-scenes star of the upcoming movie "Snakes on a Plane."

"Vermin wranglers is what we are," said the jovial 55-year-old herpetologist, owner of Reptile Rentals. "Everything nobody likes, we've got it."

"Snakes on a Plane," starring Samuel L. Jackson and wriggling into theaters Aug. 18, called for 450 slithery stars. Sylvester rounded up his best performers, including a 22-foot-long Burmese python, and carted them to the set in Canada in plastic jars and picnic coolers.

"You can't make a snake do anything they don't want to do," he said. "They're not that smart, and I'm not that clever. This is more like reptile management." But Sylvester knows how to coax snakes into camera-ready behavior by allowing them



REED SAXON/AP

THE MAN BEHIND THE SLITHER: Self-described "vermin wrangler" Jules Sylvester has worked with some real snakes in the cast, including Petunia, above.

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Adv. Tix on Sale MY SUPER EX-GIRLFRIEND (PG-13) DIG (1150 215 440) 740 1000
Adv. Tix on Sale LADY IN THE WATER (PG-13) DIG (1235 130 330 430) 615 715 920
Adv. Tix on Sale MONSTER HOUSE (PG) DIG (1215 240 505) 730 955
Adv. Tix on Sale LITTLE MAN (PG-13) DIG (1220 100 245 345) 520 645 745 915 1010
Adv. Tix on Sale YOU, ME AND DUPREE (PG-13) DIG (1205 110 235 400) 510 640 750 930 1020
Adv. Tix on Sale OC & DA: PIRATES OF THE CARIBBEAN 2 (PG-13) DIG (320) 950
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1155 1245 410) 630 720 1030
Adv. Tix on Sale THE DEVIL WEARS PRADA (PG-13) DIG (1230 335) 635 935
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) DIG (1225 340) 710 1025

BALLSTON COMMON STADIUM 12 800-FANDANGO 377#

Adv. Tix on Sale MIAMI VICE (R) - ID REQ'D ★
Adv. Tix on Sale SHADOWBOXER (R) - ID REQ'D DIG (1200 225 515) 735 1005
Adv. Tix on Sale CLERKS II (R) - ID REQ'D DIG (1210 230 450) 725 945
Adv. Tix on Sale MY SUPER EX-GIRLFRIEND (PG-13) DIG (1200 225 255 455) 525/720 750 945 1015
Adv. Tix on Sale LITTLE MAN (PG-13) DIG (1145 1215 215 245 445 515) 715 745
Adv. Tix on Sale MONSTER HOUSE (PG) DIG (1215 240 505) 730 955
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1220 100 235 400) 510 640 750 930 1020
Adv. Tix on Sale OC & DA: PIRATES OF THE CARIBBEAN 2 (PG-13) DIG (320) 950
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1150 1245 410) 630 720 1030
Adv. Tix on Sale THE DEVIL WEARS PRADA (PG-13) DIG (1230 335) 635 935
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) DIG (1225 340) 710 1025

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Adv. Tix on Sale MIAMI VICE (R) - ID REQ'D ★
Adv. Tix on Sale SHADOWBOXER (R) - ID REQ'D DIG (1200 225 515) 735 1005
Adv. Tix on Sale CLERKS II (R) - ID REQ'D DIG (1210 230 450) 725 945
Adv. Tix on Sale MY SUPER EX-GIRLFRIEND (PG-13) DIG (1200 225 255 455) 525/720 750 945 1015
Adv. Tix on Sale LITTLE MAN (PG-13) DIG (1145 1215 215 245 445 515) 715 745
Adv. Tix on Sale MONSTER HOUSE (PG) DIG (1215 240 505) 730 955
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Adv. Tix on Sale OC & DA: PIRATES OF THE CARIBBEAN 2 (PG-13) DIG (320) 950
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1150 1245 410) 630 720 1030
Adv. Tix on Sale THE DEVIL WEARS PRADA (PG-13) DIG (1230 335) 635 935
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) DIG (1225 340) 710 1025

BETHESDA 10 800-FANDANGO 569#

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Adv. Tix on Sale SHADOWBOXER (R) - ID REQ'D DIG (1200 225 515) 735 1005
Adv. Tix on Sale CLERKS II (R) - ID REQ'D DIG (1210 230 450) 725 945
Adv. Tix on Sale MY SUPER EX-GIRLFRIEND (PG-13) DIG (1200 225 255 455) 525/720 750 945 1015
Adv. Tix on Sale LITTLE MAN (PG-13) DIG (1145 1215 215 245 445 515) 715 745
Adv. Tix on Sale MONSTER HOUSE (PG) DIG (1215 240 505) 730 955
Adv. Tix on Sale LADY IN THE WATER (PG-13) DIG (110 430 750) 715 745
Adv. Tix on Sale MONSTER HOUSE (PG) DIG (1215 240 505) 730 955
Adv. Tix on Sale LITTLE MAN (PG-13) DIG (1150 230 450) 715 940
Adv. Tix on Sale YOU, ME AND DUPREE (PG-13) DIG (1145 220 500) 750 1030
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1220 100 235 400) 510 640 750 930 1020
Adv. Tix on Sale OC & DA: PIRATES OF THE CARIBBEAN 2 (PG-13) DIG (320) 950
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1150 1245 410) 630 720 1030
Adv. Tix on Sale THE DEVIL WEARS PRADA (PG-13) DIG (1230 335) 635 935
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) DIG (1225 340) 710 1025
Adv. Tix on Sale CLICK (PG-13) DIG (1200 340) 710 1025
Adv. Tix on Sale CARS (G) DIG (1200 350) 710 1025

ROCKVILLE CENTER STADIUM 13 800-FANDANGO 248#

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Adv. Tix on Sale CLERKS II (R) - ID REQ'D DIG (1210 230 450) 725 945
Adv. Tix on Sale MY SUPER EX-GIRLFRIEND (PG-13) DIG (1200 225 255 455) 525/720 750 945 1015
Adv. Tix on Sale LITTLE MAN (PG-13) DIG (1145 1215 215 245 445 515) 715 745
Adv. Tix on Sale MONSTER HOUSE (PG) DIG (1215 240 505) 730 955
Adv. Tix on Sale LADY IN THE WATER (PG-13) DIG (110 430 750) 715 745
Adv. Tix on Sale MONSTER HOUSE (PG) DIG (1215 240 505) 730 955
Adv. Tix on Sale LITTLE MAN (PG-13) DIG (1150 230 450) 715 940
Adv. Tix on Sale YOU, ME AND DUPREE (PG-13) DIG (1145 220 500) 750 1030
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1220 100 235 400) 510 640 750 930 1020
Adv. Tix on Sale OC & DA: PIRATES OF THE CARIBBEAN 2 (PG-13) DIG (320) 950
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1150 1245 410) 630 720 1030
Adv. Tix on Sale THE DEVIL WEARS PRADA (PG-13) DIG (1230 335) 635 935
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) DIG (1225 340) 710 1025
Adv. Tix on Sale CLICK (PG-13) DIG (1200 340) 710 1025
Adv. Tix on Sale CARS (G) DIG (1200 350) 710 1025

POTOMAC YARD STADIUM 16 800-FANDANGO 690#

Adv. Tix on Sale MIAMI VICE (R) - ID REQ'D ★
Adv. Tix on Sale SHADOWBOXER (R) - ID REQ'D DIG (1200 225 515) 735 1005

Adv. Tix on Sale CLERKS II (R) - ID REQ'D DIG (1145 125 225 405 505) 645 935

Adv. Tix on Sale MONSTER HOUSE (PG) DIG (1225 250 515) 710 1005

Adv. Tix on Sale LADY IN THE WATER (PG-13) DIG (1145 220 445) 710 935

Adv. Tix on Sale MY SUPER EX-GIRLFRIEND (PG-13) DIG (1145 220 445) 710 935

Adv. Tix on Sale CLERKS II (R) - ID REQ'D DIG (1145 220 445) 710 935

Adv. Tix on Sale MONSTER HOUSE (PG) DIG (1225 250 515) 710 1005

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CLERKS II (R) ✓ 11:45, 2:20, 4:45, 7:40, 10:15

LADY IN THE WATER (PG13) ✓ 11:05, 12:15, 1:45, 2:50, 4:25, 5:35, 7:20, 8:20, 10:05

MONSTER HOUSE (PG) ✓ 11:35, 1:05, 2:05, 3:40, 4:40, 6:15, 7:15, 9:00, 10:00

MY SUPER EX-GIRLFRIEND (PG13) ✓ 11:10, 12:25, 1:40, 2:55, 4:10, 5:25, 6:40, 7:55, 9:10, 10:20

LITTLE MAN (PG13) 11:25, 12:30, 2:00, 3:00, 4:55, 5:45, 7:25, 8:30, 9:50

YOU, ME AND DUPREE (PG13) 11:00, 12:45, 1:55, 3:20, 4:30, 5:50, 7:35, 8:35, 10:35

YOU, ME AND DUPREE (PG13) ☎ 11:00, 1:55, 4:30, 7:35, 10:35

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 11:20, 12:10, 1:00, 1:50, 2:40, 3:30, 4:20, 5:10, 6:05, 7:00, 7:50, 8:40, 9:30, 10:25

THE DEVIL WEARS PRADA (PG13) 11:30, 1:10, 2:10, 3:50, 4:50, 6:30, 7:30, 9:05, 10:05

SUPERMAN RETURNS (PG13) 11:50, 12:55, 3:15, 4:35, 6:45, 8:00, 10:10

CLICK (PG13) 11:55, 2:45, 5:30, 8:10, 10:45

WAIST DEEP (R) 5:55, 8:20, 10:45

CARS (G) 11:15, 2:15, 5:05, 7:55, 9:50

AMC SELECT

THE LAKE HOUSE (PG) 1:15, 3:35

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

CLERKS II (R) 1:00, 3:20, 5:40, 8:00, 10:20

LADY IN THE WATER (PG13) ✓ 1:30, 4:30, 7:15, 9:50

MONSTER HOUSE (PG) 12:45, 3:00, 5:15, 7:30, 9:45

MY SUPER EX-GIRLFRIEND (PG13) 12:45, 3:10, 5:30, 7:50, 10:10

LITTLE MAN (PG13) 1:10, 4:50, 7:30, 10:15

YOU, ME AND DUPREE (PG13) 1:30, 4:30, 7:20, 9:50

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 1:45, 3:50, 4:45, 7:00, 10:00

THE DEVIL WEARS PRADA (PG13) 1:20, 4:10, 7:10, 9:45

SUPERMAN RETURNS (PG13) 12:30, 3:45, 7:00, 10:00

CLICK (PG13) 10:10 PM

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

CLERKS II (R) ✓ 12:50, 3:10, 5:30, 7:45, 10:00

LADY IN THE WATER (PG13) ✓ 1:00, 4:05, 7:00, 9:50

MONSTER HOUSE (PG) 12:45, 2:45, 5:00, 7:15, 9:30

YOU, ME AND DUPREE (PG13) 12:00, 1:30, 2:30, 4:15, 5:10, 7:00, 7:30, 9:45

THE DEVIL WEARS PRADA (PG13) 12:15, 1:45, 2:45, 4:30, 5:25, 7:15, 8:05, 10:00

THE DEVIL WEARS PRADA (PG13) ☎ 1:45, 4:30, 7:15, 10:00

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL 3D

MONSTER HOUSE (PG) ✓ 11:00, 2:10, 4:40, 7:00, 9:25

CLERKS II (R) ✓ 12:55, 3:20, 5:45, 8:15, 10:45

LADY IN THE WATER (PG13) ✓ 12:00, 2:30, 5:15, 7:55, 10:45

MY SUPER EX-GIRLFRIEND (PG13) ✓ 12:05, 2:25, 4:55, 7:25, 9:25

LITTLE MAN (PG13) 12:15, 2:40, 5:05, 7:30, 9:55

YOU, ME AND DUPREE (PG13) 12:05, 1:35, 2:35, 4:10, 5:10, 6:50, 7:50, 9:35, 10:35

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 1:15, 3:05, 3:50, 4:35, 6:30, 7:15, 8:00, 9:50, 10:40

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 3:50, 7:15, 10:40

THE DEVIL WEARS PRADA (PG13) 11:00, 1:20, 2:20, 4:00, 5:00, 6:45, 7:45, 9:30, 10:30

SUPERMAN RETURNS (PG13) 12:20, 3:45, 7:10, 10:35

AMC SELECT

AN INCONVENIENT TRUTH (PG) 12:45, 3:15, 5:35, 8:05, 10:25

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
202-333-3456

SUPERMAN RETURNS (PG13) 12:00, 3:30, 7:00, 10:20

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703-998-4262

CLERKS II (R) ✓ 12:45, 3:10, 5:30, 7:55, 10:20

LADY IN THE WATER (PG13) ✓ 12:00, 1:30, 2:30, 4:15, 5:15, 7:00, 8:00, 9:45, 10:45

MONSTER HOUSE (PG) ✓ 12:50, 2:10, 3:20, 4:50, 5:40, 7:10, 8:15, 9:35

MY SUPER EX-GIRLFRIEND (PG13) ✓ 12:40, 3:00, 5:20, 7:15, 10:25

LITTLE MAN (PG13) 1:10, 2:15, 3:45, 4:45, 6:10, 7:20, 8:40, 9:55

YOU, ME AND DUPREE (PG13) 12:55, 2:05, 3:35, 4:40, 6:05, 7:15, 8:45, 10:00

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 2:25, 3:15, 4:00, 6:00, 6:45, 7:30, 9:30, 10:15

THE DEVIL WEARS PRADA (PG13) 2:20, 3:05, 4:20, 5:10, 6:30, 7:15, 8:30, 9:45

SUPERMAN RETURNS (PG13) 12:10, 2:45, 3:30, 6:15, 7:05, 7:45, 8:30, 9:55

CLICK (PG13) 2:40, 5:10, 7:50, 9:55

CARS (G) 1:00, 3:30, 6:50, 9:50

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

CLERKS II (R) 1:00, 3:20, 5:45, 8:10, 10:35

LADY IN THE WATER (PG13) 11:45, 2:30, 5:15, 8:00, 10:45

MONSTER HOUSE (PG) 11:35, 2:10, 4:35, 7:00, 9:25

MY SUPER EX-GIRLFRIEND (PG13) 12:45, 3:05, 5:25, 7:50, 10:25

LITTLE MAN (PG13) 11:50, 2:45, 7:20, 9:40

YOU, ME AND DUPREE (PG13) 11:15, 12:20, 1:50, 2:55, 4:25, 5:35, 7:10, 8:20, 9:45, 10:55

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 11:10, 11:55, 12:40, 2:40, 3:15, 4:05, 6:05, 6:45, 7:35, 9:30, 10:15

THE DEVIL WEARS PRADA (PG13) 11:40, 2:15, 4:50, 7:25, 9:45

SUPERMAN RETURNS (PG13) 11:30, 3:00, 6:35, 10:00

CLICK (PG13) 12:20, 2:00, 4:55, 7:45, 10:30

CARS (G) 1:30, 4:15, 7:05, 9:50

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

REEL MOMS
CARS (G) 11:00 AM

LADY IN THE WATER (PG13) 1:45, 4:45, 7:30, 10:00

GARFIELD (PG) 1:30, 3:30, 5:30

NACHO LIBRE (PG) 7:35, 9:45

CARS (G) 1:15, 4:30, 7:10, 9:50

THE BREAK-UP (PG13) 12:30, 8:00

X-MEN 3 (PG13) 12:15, 2:30, 5:10, 7:45, 10:05

THE DA VINCI CODE (PG13) 12:15, 4:05, 7:15, 10:15

KITHAKITHALU (NR-NOT RATED) 1:00, 5:00, 9:00

AMC SELECT

THE LAKE HOUSE (PG) 4:15, 10:10

AN INCONVENIENT TRUTH (PG) 12:45, 3:00, 5:15, 8:15, 10:20

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220 844

CLERKS II (R) 12:50, 3:10, 5:35, 7:50, 10:15

LADY IN THE WATER (PG13) 1:20, 4:30, 7:15, 9:50

MONSTER HOUSE (PG) 1:20, 4:30, 7:15, 9:50

MY SUPER EX-GIRLFRIEND (PG13) 2:10, 5:10, 7:25, 10:10

SHADOWBOXER (R) 12:45, 3:20, 5:30, 8:00, 10:25

LITTLE MAN (PG13) 1:00, 2:00, 3:25, 4:40, 5:50, 7:20, 8:20, 9:45

YOU, ME AND DUPREE (PG13) 1:50, 4:50, 7:30, 10:00

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:45, 4:00, 7:15, 10:30

THE DEVIL WEARS PRADA (PG13) 1:30, 4:10, 6:55, 9:30

SUPERMAN RETURNS (PG13) 12:50, 4:05, 7:10, 10:35

CLICK (PG13) 5:55

WAIST DEEP (R) 8:25, 10:40

CARS (G) 12:30, 3:15

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

CLERKS II (R) 1:20, 3:50, 7:00, 9:10

SHADOWBOXER (R) 2:00, 4:20, 7:30, 10:00

AMC SELECT

LEONARD COHEN: I'M YOUR MAN (PG13) 1:00, 7:00, 9:30

WHO KILLED THE ELECTRIC CAR? (PG) 1:50, 4:30, 7:10, 9:30

WORDPLAY (PG) 1:40, 4:10, 7:10, 9:20

A PRAIRIE HOME COMPANION (PG13) 3:40, 9:40

AN INCONVENIENT TRUTH (PG) 1:30, 4:50, 7:20, 9:20

LOEWS DUPONT 5

1350 19th St.
202-334-3356

AMC SELECT

A SCANNER DARKLY (R) 2:30, 4:30, 5:15, 7:30, 9:15, 9:50

THE HEART OF THE GAME (PG) 4:50, 7:20

THE ROAD TO GUANTANAMO (R) 2:45, 9:40

WORDPLAY (PG) 2:20, 5:00, 7:15, 9:30

THE LOST CITY (R) 2:15, 5:30, 8:30

WATER (PG13) 2:00, 7:00, 7:00, 7:00

LOEWS WHITE FLINT 5

North Bethesda
310-423-1014 741

LADY IN THE WATER (PG13) 1:20, 2:25, 5:00, 7:35, 10:00

MONSTER HOUSE (PG) 1:20, 2:30, 4:45, 7:05, 9:30

YOU, ME AND DUPREE (PG13) 1:20, 2:30, 5:05, 7:40, 10:10

PIRATES OF THE CARIBBE

Television



THE DIVA DOZEN: What will we do without all the fine writing on UPN's "American's Next Top Model"? The 12 writer-producers on the hit reality series have gone on strike, protesting the refusal by the show to let them unionize.

The Sound of Faith

'Tailenders' grapples with questions of culture and belief

DOCUMENTARY | “The Tailenders” on “P.O.V.” (11 p.m., PBS) looks at a phenomenon that raises questions that are profound, spiritual and global in scope.

Founded in 1939, Global Recordings Network has produced recordings of the Bible and Bible lessons in more than 5,500 languages and thousands of dialects. They have distributed these recordings through missionaries carrying devices handcrafted for



BIBLE LESSONS: Missionaries spread the gospel via crude technologies.

proselytizing in remote places. We see crude phonographs made out of cardboard, tape players that use a hand crank and other inven-

tions. The title refers to the evangelists' potential audience, the very last people on earth who have not heard the gospel.

“Tailenders” also discusses the relationship between missionaries and global capitalism. Are the folks at Global saving these obscure languages or helping to destroy the cultures that create and sustain them?

The film also explores the spiritual power of the sound of a disembodied voice and the role of recording in 20th-century evangelicalism. According to the show, when Ayatollah Khomeini's followers toppled the Iranian regime in 1978-1979, it was said that their most powerful weapon was the audiocassette. KEVIN MCODNOUGH

(UNITED FEATURE SYNDICATE)

ON TV TONIGHT

NUDGE NUDGE. WINK WINK

The new DVD compilation of Hugh Hefner's legendary **PLAYBOY AFTER DARK** series, on sale today, offers a mind-boggling time capsule of celebrities, fashion, music, dance, decor and people pretending to have a really groovy time. With its garish colors and jaw-dropping juxtapositions, this DVD would make a perfect companion to **THE LAWRENCE WELK SHOW** reruns now in steady rotation on PBS.

READY TO PREACH

READY TO PREACH
WIDE ANGLE (10 p.m., PBS) looks at graduation day at a school for female imams.

BUT IT LOOKED FABULOUS

Murder attends a high-school reunion in the British TV mystery *IF I HAD YOU*



A STEP FORWARD: Two new imams show their diplomas on "Wide Angle"

(9 p.m., BBC America).

GUILT CHOICE

OUT CHOICE
Forced from their families, Aboriginal girls walk 1,200 miles back to their home in the 2002 drama **RABBIT-PROOF FENCE** (7:15 p.m., IFC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)



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A 'REAL OPPONENT': D.C. United will play legendary Spanish club Real Madrid in an international friendly Aug. 9, the club announced yesterday. The match will be played at Qwest Field in Seattle at 8 p.m. United recently beat Celtic FC in a friendly, 4-0.



Sports

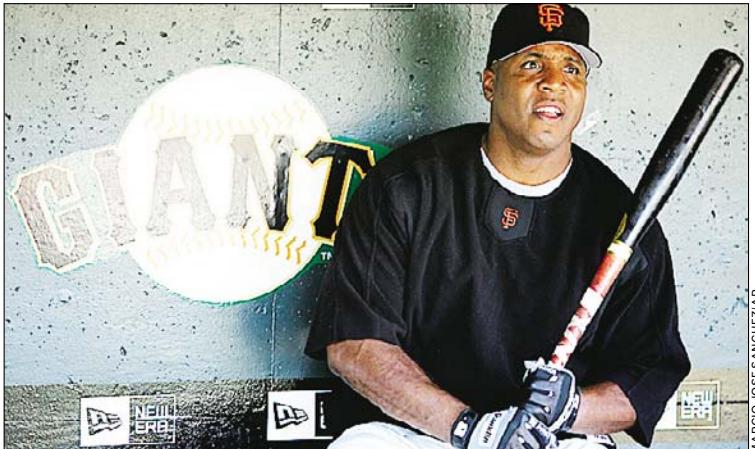
Bonds Brings Tumult, Glory to D.C.

Slugger is struggling this season, but the Giants are thriving

NATIONALS | Here is your chance, Nationals fans. Boo him, cheer him. Do what you have to do. Barry Bonds is coming to town.

The San Francisco Giants slugger, who turned 42 on Monday, is alternately viewed as the greatest baseball player of our time and as the foulest specimen from a tainted generation that violated the sanctity of the game's record book with needles and pills and whatever brand of steroid was available.

Baseball fans and historians want to know which one is the truest description. So does the federal government, which has considered



GIANTS BONDING: With the threat of a grand jury indictment and a weary 42-year-old body, Barry Bonds has struggled this season. But the Giants are still contending.

indicting Bonds on perjury charges stemming from the infamous BALCO drug case.

There likely remain ugly days

ahead for Bonds, whose 722 career home runs are second only to Hank Aaron's 755. But while that continues, there are actually three games

of baseball to be played this week between the Nationals and Giants. And, though Bonds' performance has suffered under the burning spotlight and the realities of a body entering middle age, the Giants have remained a pretty good ballclub.

After taking three out of four from San Diego this weekend, San Francisco entered Monday's off day just a half-game behind the Padres for first place in the National League West.

That success is coming despite the fact that Bonds is hitting just .255 and that his 14 home runs are fewer than diminutive teammate Ray Durham's 16. As a matter of fact, the Giants are in the playoff hunt without a single player having a dominating season.

Omar Vizquel's .303 batting aver-

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	59	38	.608	—	32-13	27-25
N.Y. Yankees	56	40	.583	2.5	31-18	25-22
Toronto	55	43	.561	4.5	35-21	20-22
Baltimore	45	55	.450	15.5	27-25	18-30
Tampa Bay	41	58	.414	19	24-21	17-37

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	66	32	.673	—	33-17	33-15
Chicago	59	38	.608	6.5	34-16	25-22
Minnesota	56	41	.577	9.5	37-11	19-30
Cleveland	43	54	.443	22.5	24-25	19-29
Kansas City	34	64	.347	32	21-25	13-39

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	51	47	.520	—	24-22	27-25
Texas	51	48	.515	0.5	25-25	26-23
L.A. Angels	50	48	.510	1	24-24	26-24
Seattle	47	51	.480	4	26-25	21-26

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	59	39	.602	—	29-19	30-20
Atlanta	46	51	.474	12.5	21-23	25-28
Florida	45	52	.464	13.5	25-24	20-28
Philadelphia	44	51	.463	13.5	22-27	22-24
Washington	43	56	.434	16.5	23-24	20-32

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	56	41	.577	—	31-19	25-22
Cincinnati	52	47	.525	5	27-25	25-22
Houston	47	52	.475	10	28-22	19-30
Milwaukee	47	52	.475	10	29-20	18-32
Chicago	37	60	.381	19	17-28	20-32
Pittsburgh	35	65	.350	22.5	24-26	11-39

WEST	W	L	PCT.	GB	HOME	ROAD
San Diego	51	47	.520	—	25-28	26-19
San Fran.	51	48	.515	0.5	29-24	22-24
Arizona	50	48	.510	1	26-26	24-22
L.A. Dodgers	47	52	.475	4.5	28-21	19-31
Colorado	46	51	.474	4.5	22-22	24-29

Standings through July 23's games

Escobar's Play a Roller Coaster Ride

A healthy season would be a great one for the Nats center fielder

NATIONALS | In a span of five seconds Friday night, Nationals fans got to see the best and worst of Alex Escobar.

The talented center fielder came up to bat with runners on the corners and Chicago winning by one. A long fly ball to the gap in left-center drove the runners home and the crowd to its feet — but Escobar barely made it to first base. Grabbing his hamstring, he had to be helped off the field.

"I took three or four steps towards first and felt a cramp," said Escobar after the game. "It's day-to-day now."

This has been Escobar's curse since he debuted in the Majors for the Mets in 2001. Few question his potential — the Venezuelan native can spray the ball all over the field and has plenty of speed to go along with a strong arm. Health, however, has been another matter altogether. Escobar has played a mere 92 games since his first year, fighting constant injuries to both of his legs.

"It's a shame, he's unlucky,"



A TALE OF TWO PLAYERS: Alex Escobar hits plenty of triples when he's healthy. Unfortunately, staying healthy is anything but easy for the talented Venezuelan.

said Ryan Zimmerman. "It's not like he doesn't work, because he is here early every day. You feel real bad for him. He's a good guy, and he works real hard."

The journeyman's dual persona managed to show up the very next game, when, despite the injury, manager Frank Robinson sent Escobar out to pinch-hit. Escobar responded with a two-run homer — and gingerly limped around the bases.

Now replaced by Ryan Church, Escobar has some time to once again rest and recuperate. There's no doubt he could fill a major hole in center field. The question general manager Jim Bowden must ask is whether Escobar will ever be able to stay on the roster.

"I'm just thinking about now, taking one step at a time," he said. "We'll see what happens, I've just got to show them that I can play every day." JOE TAUKE

Nats Sale To Lerners Is Official

NATIONALS | A group led by local real estate developer Ted Lerner and Stan Kasten officially took control of the Washington Nationals on Monday, finalizing the \$450 million purchase of the club from Major League Baseball.

Lerner is the managing principal owner, and his son Mark and son-in-law Edward Cohen and Robert Tanenbaum are principal owners. Kasten, a former Atlanta Braves executive, is the team president.

"It has long been my dream to bring the national pastime back to my hometown, the nation's capital," Ted Lerner said. "Now that it's been realized, I plan on doing everything I can to make sure that this franchise becomes an international jewel for MLB, D.C. and the nation." (AP)

SO LONG SORIANO? The White Sox are very close to acquiring Alfonso Soriano, ESPN reports. The Nats are interested in Chicago's ace Brandon McCarthy.

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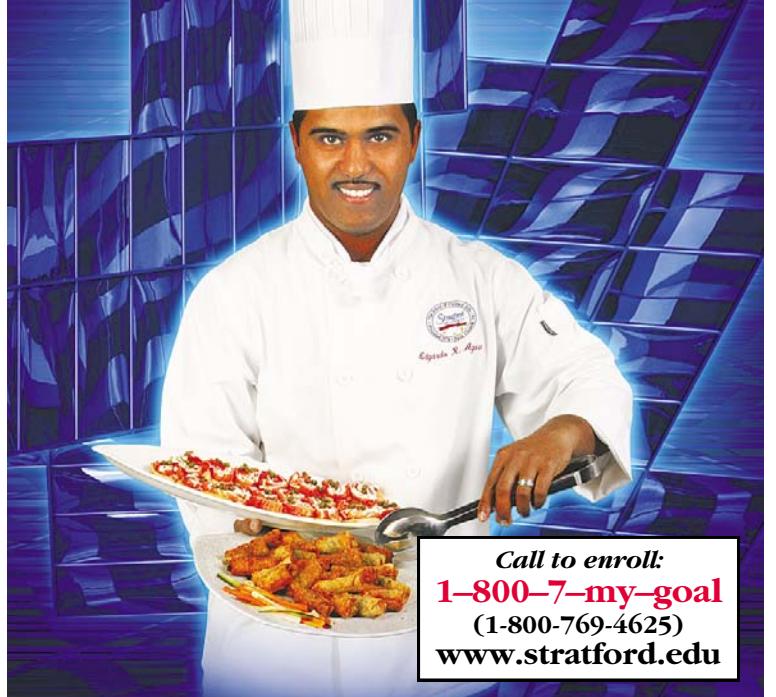
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Sports

Surgery Will End Guillen's Season

Outfielder is batting just .216 in the midst of an injury-filled year

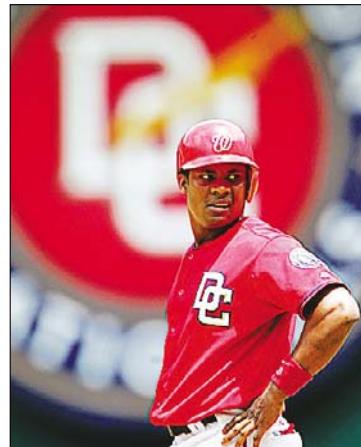
NATIONALS | Washington Nationals outfielder Jose Guillen will have season-ending surgery Tuesday for a completely torn ligament in his right elbow.

The ligament reconstruction — known as Tommy John surgery — will be performed by Dr. James Andrews, who examined Guillen in Birmingham, Ala., on Monday. An MRI exam revealed the full tear.

"He could not go forward without having this operation," Nationals general manager Jim Bowden said.

Bowden wasn't sure how long the injury would sideline Guillen, whose Nationals contract expires at the end of this season.

"It can be as early as eight months; it can be as late as a year and a half," Bowden said.



JAMIE SQUIRE/GETTY IMAGES

Jose Guillen has struggled this season, batting just .216 with nine homers.

It's been a rough year for Guillen, who began spring training recuperating from offseason shoulder surgery, then injured his wrist.

He entered the season with a .276 career batting average, but he hit only .216 in 2006, with nine homers and 40 RBIs in 241 at-bats for last-place Washington. (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) The so-far-unindicted Barry Bonds comes to D.C. Matt Morris is pitching for the Giants against the Nationals' Ramon Ortiz, but the only thing people care about is that Bonds will be in the outfield.

ORIOLES (8 P.M. ON MASN) The Orioles have

won just four of their last 10 games. But that's OK, because they're playing the Royals, who have won just three of their last 10.

MYSTICS (7:30 P.M. ON ESPN2) The Mystics get on national TV for their game in Connecticut.

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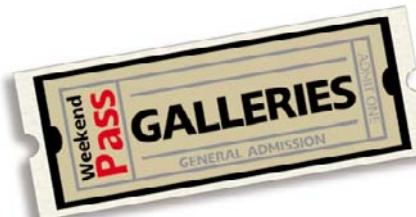
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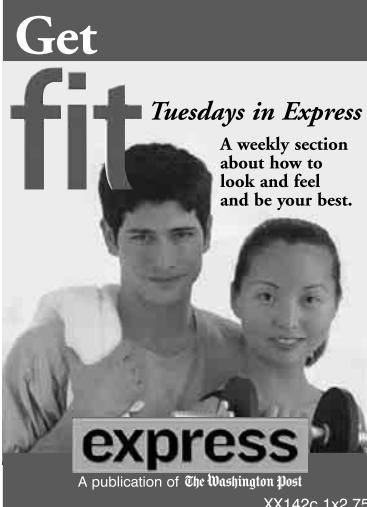
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Mechanical Engineering Technician

The National Gallery of Art seeks to hire a full-time individual experienced in the design of mechanical systems, including Heating, Ventilation, and Air Conditioning (HVAC), plumbing, and the application of associated controls, to develop contract documents and inspect work performed by contractor personnel. The individual shall be experienced in the use of AutoCAD for the preparation of assigned drawings and shall be knowledgeable of estimating techniques for developing cost summaries. Annual salary up to \$84,559. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is 06-67 and the deadline for applications is 8/11/06.

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HVAC

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ARL—Prof F to share N/S TH, near EFC Metro w/3 prof Fs. 1BR + BA. \$625/mo + 1/4 utils. W/D, DW, A/C. Please call 703-241-1006.

COLLEGE PARK—Hse to share. Lge rooms. \$550+deposit + utils. Close to UMD. Avl. neg. 301-446-0268

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SIL SPG—Furn rm to rent in hse to shr for M. W/D, internet & cable, kit prkg. N/S, safe, near Metro. \$550/mo, nclcd utils. Henry 301-962-7171.

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</

Waiting on the Angels

Business

Businesses in Cody, Wyo., gear up for the Hells Angels roundup

Gail Nace can't help but smile, talking about Hells Angels and the business they'll bring to her downtown bar when they ride into town this week for a major gathering.

But Hells Angels, with their outlaw image, aren't just any bikers, and not everyone is rolling out the welcome mat.

There are concerns, too, that either Hells Angels or the beefed-up law enforcement contingent planned for the group's World Run will scare off tourists during the height of Cody's bread-and-butter travel season.

"We'll be glad when they're gone," City Administrator Laurie Kadrich said.

The rally has been the subject of countywide public meetings. It's led to primers on interacting with

“Since this is the United States of America, we're going to be willing to have them and serve them as best we can.”

GENE BRYAN
EXECUTIVE DIRECTOR-CHAMBER OF COMMERCE.

members of the infamous biker group on the streets or in shops — "Be smart. Use common sense." And it's become a full-time preoccupation of Police Chief Perry Rockvam; before this, the biggest event he has handled in his two years as chief was the Fourth of July parade.

His biggest worry: crowds, and the possibility of conflict. Not only will Hells Angels be here — with as many as 1,500 people, by one law enforcement estimate — but Cody's popular nightly rodeo also will be going on, and the Park County fair will be in a nearby town. Rockvam expects the mystique surrounding



BECKY BOHRER

READY AND WAITING: Gail Nace welcomes Hells Angels' business at her bar.

Hells Angels will draw a fair number of gawkers.

"The thing for us is to plan for the worst and hope for the best," he said.

George Christie, a Hells Angels

member from Ventura, Calif., said he belongs to a motorcycle "club"

— "We've never been proven to be a criminal group" — and a brotherhood that values respect.

"Despite what people might tell

you, I wouldn't bring my family to a situation I thought was volatile," said Christie, who wants to show his wife and two kids an area of the country of which he's fond.

Gene Bryan, executive director of the chamber of commerce, expects "a handful" of businesses to do well from Hells Angels over the next week. But he fears their presence could cause tourists to move through Cody quickly, or skip it altogether.

"We did not court this group, nor would we ever," Bryan said. "But since this is the United States of America, we're going to be willing to have them and serve them as best we can."

Nace, who runs the Silver Dollar bar — the site she says Hells Angels picked as its designated watering hole here — thinks it would be crazy for any business to close during the rally.

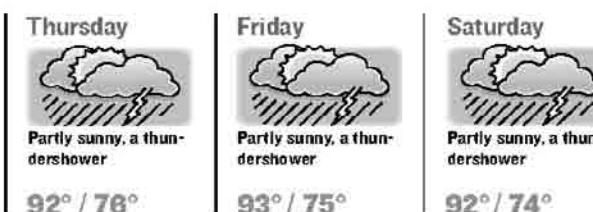
"I say, 'Come on in, boys. Have a good time,'" she said.

Theresa Lamson, who is with the chamber of commerce for Laconia-Weirs Beach, N.H., said Cody should look forward to what trade it can get, either from Hells Angels or the police in town to help keep the peace.

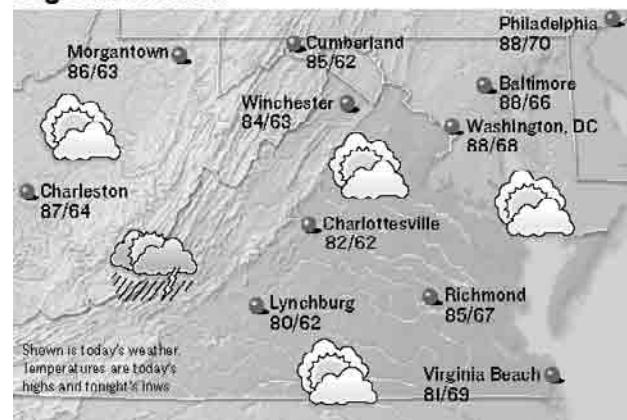
"Embrace it all; they're all spending money," she said. "Who cares where the money is from?"

BECKY BOHRER (AP)

5 Day Forecast for the Washington Area



Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	85°
Low	67°
Normal high	89°
Normal low	71°
Average humidity	55%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	3.56"
Normal month to date	2.83"
Year to date	28.65"
Last year to date	27.07"
Normal year to date	21.99"

For up-to-the-minute weather see: washingtonpost.com/weather

Regional Forecast

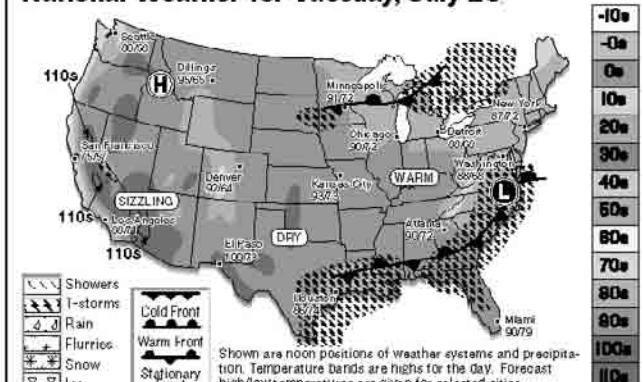
D.C. Metro: Today, partly sunny, afternoon thunderstorm, humid. High 89. Wind south-southeast 6-12 mph. Tonight, partly cloudy. Low 72.

Sun and Moon

Sunrise today	6:03 a.m.
Sunset tonight	8:26 p.m.
Moonrise today	6:10 a.m.
Moonset today	9:08 p.m.



National Weather for Tuesday, July 25



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	90/72/t	81/69/t	Amsterdam	84/64/s	82/66/pc
Boston	88/70/s	86/70/pc	Athens	92/72/s	90/72/s
Chicago	90/72/pc	86/71/pc	Berlin	88/64/s	90/64/pc
Dallas	94/75/pc	91/77/pc	Buenos Aires	64/58/c	63/44/c
Denver	92/64/t	94/63/t	Calgary	80/58/pc	78/54/pc
Honolulu	88/75/s	88/75/s	Dublin	73/55/pc	72/55/pc
Los Angeles	88/71/pc	86/70/pc	Geneva	90/64/t	89/59/pc
Miami	90/79/pc	90/79/pc	Moscow	78/56/pc	78/58/pc
New York City	87/72/s	88/74/pc	Rome	88/72/t	90/72/pc
Orlando	92/75/t	92/75/t	Sydney	61/50/pc	59/54/r
Seattle	80/58/pc	80/60/s	Tokyo	77/72/sh	81/72/pc

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sn=snow, i=ice

Styles

LOOK out



Above, Mary Ann Mobley is crowned Miss America 1959. At right, Miss Universe 2006 Zuleyka Rivera in the evening gown competition.

There She Is

Book explores the history of pageants

When you see a beauty pageant, you might see eye candy in bathing suits and high heels. When Elissa Stein looks at a beauty pageant, she sees a bit more: a snapshot of a nation's young women and their thoughts, interests and ideals.

Stein, who has written books on prom queens and cheerleaders, looks at the history of beauty and scholarship pageants in her new book "Beauty Queen" (\$16, Chronicle), assembling photos,

brief bits of history and words of wisdom, such as how to pack for a pageant.

"Early pageants were radical and the contestants were seen as feminists," Stein said. "Being a beauty queen was a way to put yourself out there in a time when women didn't go to college and had no other way out of their small towns."

Miss America, as well as many local contests, disappeared in the



late 1920s and early '30s — a victim of the Great Depression and conservative values. In 1935, master marketer Lenora Slaughter took over as Miss America's director. She recognized the opportunity for the pageant to become a tool of success for increasingly independent young women. The contestants would focus on their scholarship, talents and good works, she decided, even if judges and the public might focus more on their figures.

Slaughter, in fact, began calling Miss America a "scholarship competition," which is how it is still officially described today. The Miss America Organization claims to be the world's leading provider of scholarships to young women, making \$45 million in aid available annually. It was also under Slaughter's tenure that Miss America began to take on the look of "everygirl USA."

But as the public has come to embrace individuality, it's become harder to pick one woman who represents the ideal look, which might explain the identity crisis that pageants themselves and, maybe more importantly, their TV ratings have suffered the past few years.

Pageants are particularly popular in the South and Midwest, Stein said, where it's usually more socially acceptable for young girls to aspire to be beauty queens. "It does seem like Miss Texas is always in the top five. I think it's a rule!"

But Stein also burst the myth that the average pageant winner is a blond, blue-eyed Barbie: More Miss Americas have been brunette than blond.

SAMANTHA CRITCHELL (AP)

Men



Real Men Feel Pain

The most difficult part of testing **NAD'S FOR MEN** (\$20, drugstore.com) was finding a guy willing to get waxed solely for the excitement of seeing his name in the paper (thanks, Mitch!). Otherwise, the no-heat hair removal system was quick, neat and easy to use. Meant for anywhere there's unwanted fur, all you have to do is spread the blue-green wax in the direction of hair growth, apply the reusable cloth strip and yank. There was some pain when the wax was applied, as it's sticky and grabbed onto the leg hair; however, the one-two-three-rip removal system was, according to our tester, relatively pain-free.

KRISTEN PAGE-KIRBY (EXPRESS)

Beauty

Scent From Heaven

While the company has been around since 1993, **CAROL'S DAUGHTER** has recently skyrocketed in popularity, thanks to celebrity converts (Mary J. Blige, Jada Pinkett Smith) and a recent deal with Sephora to carry its products. The new Rosemary Mint Shampoo with Sea Moss (\$11.50, carolsdaughter.com and Sephora) had a strong eucalyptus-y scent, so much



so our tester's eyes watered. The Black Vanilla Leave-In Conditioner (\$10), however, was "so sweet" and left hair soft, silky and wonderfully smooth. K.P.K.

Lookout Online



from readexpress.com

Sudoku's Self-Sustainability

DISTRACTIONS | On Monday, Free Ride asked Sudoku fans (and Express readers who don't dabble in the gridded number game) whether they agreed with the Chicago Tribune's Eric Zorn's contention that Sudoku was just a "passing fad," calling it the Rubik's Cube of our decade.

Jennifer Wand of Oakton, Va., responds: "Having lived in Japan for a year, I can report that there are more Sudoku magazines there than there are crossword or word-find puzzles in the magazine racks here. There are endless varieties of Sudoku: Color Sudoku, Even/Odd Sudoku, Relay Sudoku, Giant Sudoku, Jigsaw Sudoku...each magazine has five or six of these variet-

ies. I'm waiting for some enterprising businessman to bring some of those magazines here (and I hope I get in at the ground floor if they do!).

So, assuming that the Sudoku craze will deepen on this side of the Pacific, get ready for greater obsession. MICHAEL GRASS (EXPRESS)

Metro's Photo Policy

SECURITY | Since Metro safety announcements come so frequently these days, they often now just settle into the recesses of riders' brains. But while traveling through the system on Friday, Free Ride heard one announcement that caught our attention as our Red Line train was letting passengers on and off at the Farragut North station: "... If you



ANDREA BRUCE/TW

PHOTOS IN METRO: Taking pictures of Metrorail is still OK, officials say.

see any suspicious activity, including people shooting photos or videos of stations or tracks, please report ..." Our ears perked up. Had Metro banned photography within the

transit system?

Metro spokeswoman Lisa Farbstein clarified the train operator's announcement about photography, saying that Metro's policy on taking photos inside the Metrorail system hadn't changed: People are free to take pictures, as long as they aren't using tripods or other such equipment without prior permission.

But taking photos specifically of train tunnels or sensitive operational or mechanical systems is likely to raise some natural suspicion by transit police and commuters. M.G.

→ Coming Up Today

Tai Shan the panda may be the poster child of overexposure. Now there's a panda awareness bracelet so nobody will ever forget him.

Also, with a handful of plans for new grocery stores — confirmed and proposed — in the District, it's hard to keep all of them straight.

? Poll Center

TODAY'S QUESTION

Should the District expand its speed camera program?

1. Yes
2. No

YESTERDAY'S RESULTS

Is Tiger Woods the greatest golfer of all time?

YES

59%

NO

41%

As of 6 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP



"This is totally disgusting. If Star Jones came to my house and stained my couches, I would hit her with something heavier than a football."

YEEEAH.COM/BLOG IS REPULSED BY A REPORT IN THE NEW YORK DAILY NEWS THAT STAR JONES REYNOLDS STAINED A COUCH WITH BODY MAKEUP AT A JULY 4 PARTY, CAUSING \$1,500 WORTH OF DAMAGE.

A 14th St. NW Patrol

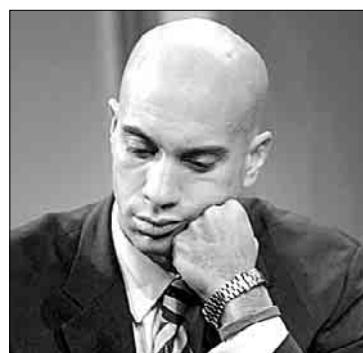
"It's great to see an increased police presence in what was heretofore an increasingly dangerous neighborhood. But to force the horse to stand directly in front of Yum's for hours on end is tantamount to animal cruelty."

CAFE227.BLOGSPOT.COM SNAPS A PHOTO OF A D.C. MOUNTED PATROL OUTSIDE THE CHINESE RESTAURANT ON 14TH STREET NW, JUST SOUTH OF U STREET.

Into the Trenches

"It was a good first step toward getting the U.S. involved ... in the region; it should also help disarm critics who say the American government doesn't care about the loss of life in Lebanon."

GREGGCARLSTROM.COM ON CONDOLEEZZA RICE'S SURPRISE BEIRUT VISIT ON MONDAY.



Fenty's Attributes

"Now for those 39 percent who favor Fenty, does anyone know how he will govern? ... I honestly don't know. Is he a populist? An anti-corporate type? Will he favor branch libraries over MLK? Will he put on a strip show at his inauguration? Inquiring minds want to know."

JLBAKKE.BLOGSPOT.COM REACTS TO A WASHINGTON POST POLL SHOWING THAT WARD 4 COUNCIL MEMBER ADRIAN FENTY IS LEADING IN THE D.C. MAYORAL RACE.

"Pakistan needs nukes because of India. India needs them because of China. China needs them because it wants to threaten the region ... Nukes are now the town of great powers."

PENRAKER.COM ANALYZES PAKISTAN'S NUCLEAR ASPIRATIONS, FOLLOWING A WASHINGTON POST REPORT ABOUT THE NATION CONSTRUCTING A PLUTONIUM-PRODUCING REACTOR.

DON'T

NAME THE TIGER 'JATI.' How would you like your name to be 'teak wood'? Yeah, that's what we thought. So when voting on names for the National Zoo's new Sumatran tiger cubs (action.fonz.org), avoid supporting the more uninspired options, i.e., 'magic stone.'

Live Online

Travel Deals

The Post's **FLIGHT CREW** was online Monday and talked about good deals for getaways and which places are making fine vacation destinations.

Where's a place to go at the Jersey shore with a boardwalk, but no major thrill rides that attract teenagers?

Both of the boardwalks in Ocean City, N.J., and Point Pleasant are nice and don't have major headbanging thrill rides, like the ones at Wildwood and Seaside and Atlantic City.

Next month, I'm spending one day in L.A. It is just a stopover, so I will be staying at the Westin near the airport. What should I do during my one day in L.A.?

The Getty museum is a must.

Which Hawaiian island should I go to for my honeymoon?

It just depends on what you're most interested in. Volcanoes and hiking? The Big Island. A more cosmopolitan scene and Don Ho? Oahu. Something totally

out of the way and untouristed? Molokai. Several coworkers here just returned from honeymoons in Hawaii, and both visited the same place: the North Shore of Kauai, which is a natural wonderland, fairly secluded from everyone else and rarely crowded.

Just found a great deal on a hotel on eBay and off I go! Three days in Cologne and a cruise on the Rhine. What else shall we do? We've got 10 days total and have extensively explored the Munich area before.

If you like music and museums, check out Bonn, which has good options for both. The shopping is great in Düsseldorf, especially for ready-to-wear fashion.

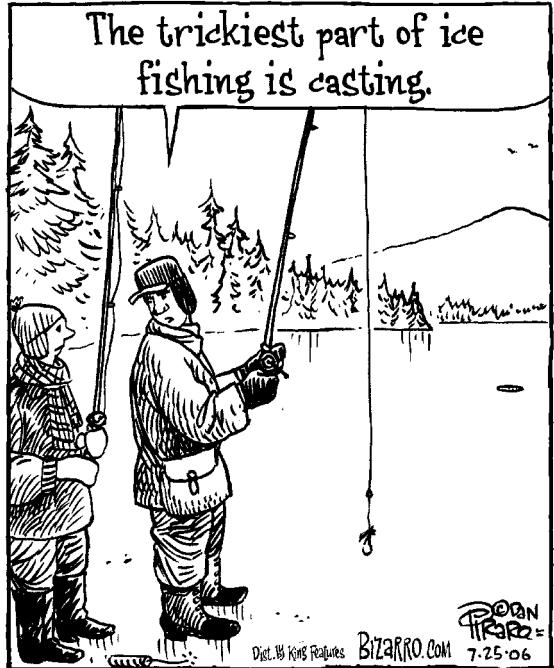
We're traveling through St. Petersburg for three days and Moscow for one during a trip to Europe next month. What are the must-sees in these cities?

In St. Petersburg, I recommend the Hermitage and the Russian Museum. But above all, take a day trip by bus of the palaces around the city. If you have some rubles to blow, have lunch or dinner at the Astoria and see a ballet.

JEWEL: The singer/songwriter/poet/actress discusses her latest album, recent tour and more at 1 p.m. | washingtonpost.com/liveonline.

LOOK out

Bizarro | Dan Piraro



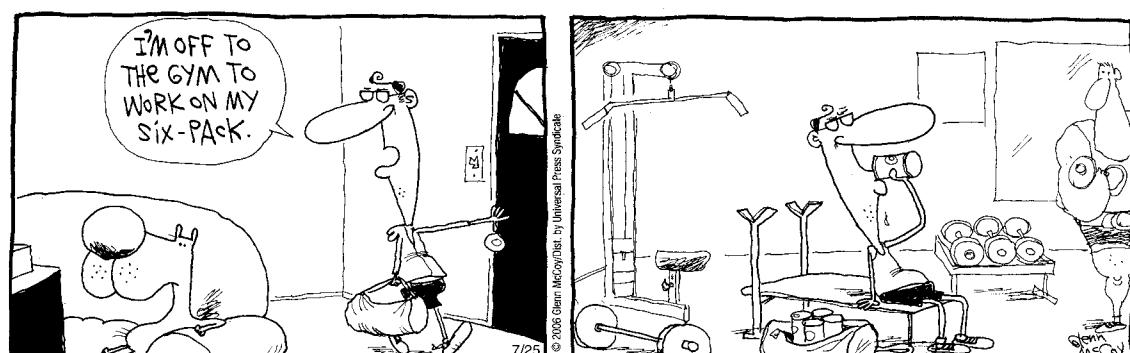
Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Cornered | Mike Baldwin



"If we make a mistake, the shareholders expect us to own up to it. Or, if that isn't practical, lease up to it."

Horoscope

By Stella Wilder

LEO (July 23-Aug. 22) You may be feeling as though fortune is playing with you, but the pieces of a complex puzzle are slowly falling into place.

VIRGO (Aug. 23-Sept. 22) Discuss your plans with someone who matters, and you'll realize it's best for you to combine your efforts with that special someone.

LIBRA (Sept. 23-Oct. 22) You may be feeling a surprising lack of support for a new idea or plan. Perhaps you need to do a little more to earn the support you need.

SCORPIO (Oct. 23-Nov. 21) You may not be able to avoid all awkward situations, but you should be able to acquit yourself better than most by maintaining good humor.

SAGITTARIUS (Nov. 22-Dec. 21) A late start is more hazardous than you think, and you must strive to get past a certain formidable obstacle as soon as you can.

CAPRICORN (Dec. 22-Jan. 19) You may be considering a dramatic life change that

has you concerned about the future—and others concerned about your emotional state.

AQUARIUS (Jan. 20-Feb. 18) You may have trouble accepting something that is handed down as official policy. You can put up a fight, but be patient.

PISCES (Feb. 19-March 20) You'll be willing to work long and hard to reach a goal you set for yourself some time ago. Others will be impressed with your diligence.

ARIES (March 21-April 19) Don't misinterpret someone else's words and actions. Don't pass judgment until you know what's really meant.

TAURUS (April 20-May 20) Men and women may be at odds over something they don't fully understand—and it'll be up to you to play mediator.

GEMINI (May 21-June 20) You may be slow to come around, but a friend is willing to wait for you to see the light. It's a good day to forgive and forget.

CANCER (June 21-July 22) You'll have plenty of time to figure out what to wear, how to act and what to say—and you can change your mind at the last minute, too.

Letters

Adding to an Image Problem

I DON'T OFTEN COMPLAIN about image choices in the newspaper, but the picture used in Thursday's "U.S. Steps Up Lebanon Evacuation" article made me cringe. It looked like a dinner party more than an evacuation, with suited servers handing out drinks on cloth-covered trays. While Lebanon is getting

flattened, these people get served like guests at a gala.

It's just that the picture seemed to show another case of the "ugly American" stereotype — spoiled, clueless and arrogant Americans getting what they want no matter what.

I much prefer the pictures showing the airlift by helicopter ... those people, at least, looked upset, tired and possibly in peril.

—LISA PUGH
Silver Spring, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1866 Ulysses S. Grant was named general of the Army, the first officer to hold the rank.

1946 The United States detonated an atomic bomb at Bikini Atoll in the Pacific in the first underwater test of the device.

1956 The Italian liner Andrea Doria collided with the Swedish passenger ship Stockholm off the New England coast late at night



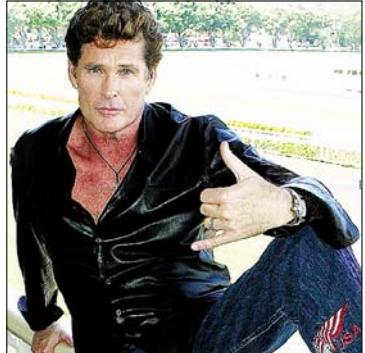
The Andrea Doria collided with another ship, sinking 11 hours later.

and began sinking; at least 51 people died as a result of the impact.

1978 Louise Joy Brown, the first "test tube baby," was born in Oldham, England; she'd been conceived through the technique of in-vitro fertilization.

Look out

People



Hoff strikes his best "Euro player" pose.

BRITISH PRESS

Hoff Terrorizes London With Drunken Binges, Razor

DAVID HASSELHOFF sliced four tendons and an artery in his arm last month in a shaving accident in London. Earlier this month, there were press reports that an intoxicated Hasselhoff had to be removed from the All England Club, which presents the Wimbledon tennis championships. "The tabloids make so much stuff up," he said. (AP)

CHARITY

Just a Bundle of Talent

A star-studded lineup that includes Richard Gere, **ALICIA KEYS** and the Barenaked Ladies will kick off the opening ceremonies for next month's International AIDS Conference in Toronto. Other performers who will take to the Rogers Centre stage Aug. 13 to help open the conference will include Blue Man Group and Canadian artists Our Lady Peace, Amanda Marshall and Chantal Kreviazuk. (AP)



CHRIS POLK/AP

UH-OH

Her Dad Is Scared

Lionel Richie, father of size-zero **NICOLE RICHIE**, says he's hurt by media chatter about his daughter's weight loss. "I'll be honest with you: It hurts me more than it hurts her," the 57-year-old singer told "Access Hollywood." "I must tell you, I'm the basket case." Richie admitted that he has talked to his daughter about her weight. (AP)

RECOVERING
Tenor Vows to Return

LUCIANO PAVAROTTI says he has no intention of letting the curtain fall on his singing career despite recent surgery for pancreatic cancer. "I have every intention of returning to singing," the 70-year-old tenor said in an interview published

Monday in *La Stampa*. "I want to finish my tour. I can't give precise dates because I'll have to discuss it with the doctors, but I think I'll start again next year," he told the newspaper. (AP)



Dust, dirt, pollen and other filth we cleaned from ducts in a 6 year old townhome

TRANSFERS

Hatch Voted Out of Prison For Hoarding Food, Nudity

RICHARD HATCH has been sent to a federal prison in Oklahoma as he serves a 51-month sentence for failing to pay taxes on the \$1 million he won on CBS's "Survivor." Hatch, 45, arrived last week at the Federal Transfer Center in Oklahoma City. It wasn't immediately clear why Hatch was moved or whether he will serve out



his prison sentence at the facility, which is a hub for prisoners transferring through the federal system. A federal jury convicted Hatch in January of failing to pay taxes on the income. He was sentenced in May to 51 months in prison by a judge who said the reality star had lied repeatedly on the witness stand. Hatch had previously been held at the Plymouth County Correctional Facility in Massachusetts. (AP)

FEMINISM

Empowerment Grows With Every Garment You Shed

CHRISTINA AGUILERA says she's toned down the sexuality on her new double-disc album, "Back to Basics," but has no regrets about her prior sultry image. "The sexuality coming forward on this record is more softened," she told *Newsweek*. "It's more pin-up, tongue-in-cheek. It's playful. People take sex far too seriously." Aguilera said she was proud of the image she projected on her last album, "Stripped," in part because it elicited strong opinions. "If you liked it, you wanted to root for me — 'Look, she's empowered.' If not, well, you'd stick all those labels on me." Aguilera also said there was never a feud between her and Britney Spears. (AP)



EVAN AGOSTINI/GETTY IMAGES

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LOOK out

Brush Aside

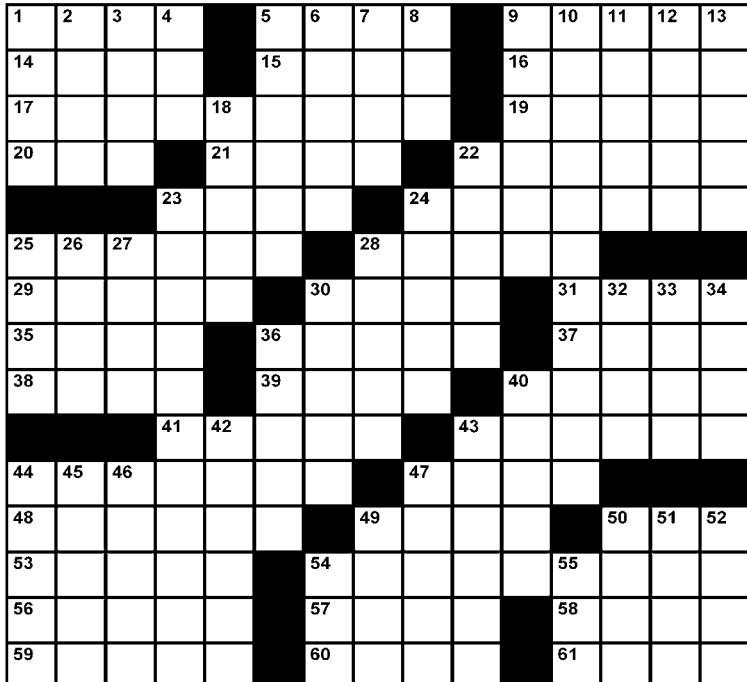
ACROSS

1 Guy in a sty
5 Divide
9 In process
14 "... ___ to leap tall buildings..."
15 Perched on
16 Stars with fluctuating brightness
17 1969 music event
19 Persona non
20 Reason to serve again
21 11th U.S. president
22 Vacillate
23 One way to keep a boat afloat
24 Some cruise ship employees
25 Water droplets aloft
28 Deserving the booby prize
29 Come to an end, like a subscription
30 Kind of sheet used in class
31 Rope material
35 Beehive State
36 "If I do ___ myself..."
37 Stereotypical name for a sci-fi lab assistant
38 Time unit at sea
39 Whimper
40 Pancakes and sour cream
41 More than punctual
43 Aromatic ointment
44 Publicly expressed honors
47 Low man in the choir

DOWN

1 Cry one's eyes out
2 The duck in "Peter and the Wolf"
3 What little things mean?
4 Valentine's Day's signature color
5 Regional dialect
6 Ringlike coral island
7 Word with salt or garden
8 Toll hwy.
9 Brings to the boiling point
10 Queens tennis community
11 Not perfectly round
12 Tom Mix film, e.g.
13 Winter Palace residents
18 Digging tool
22 Option on some sporty cars

48 Point on an orbit
49 Word with star or ranger
50 Crazy way to go
53 Summer TV fare
54 Alex Raymond's cartoon character
56 Put at bay
57 City on the Oka, near Moscow
58 Island east of Java
59 Spicy sauce
60 Roberts' co-star, twice
61 Rabbit of fiction



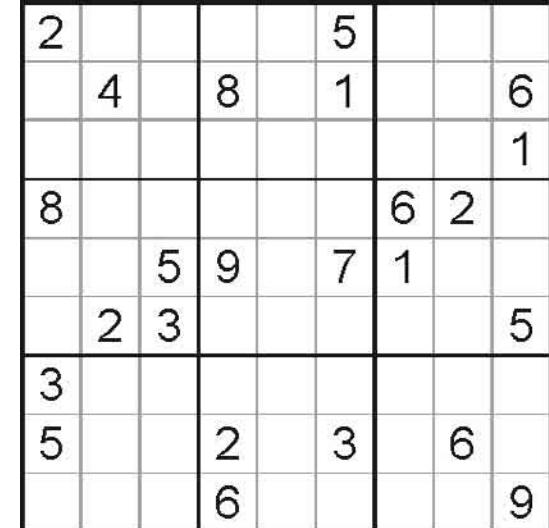
EDITED BY TIMOTHY PARKER

Sudoku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

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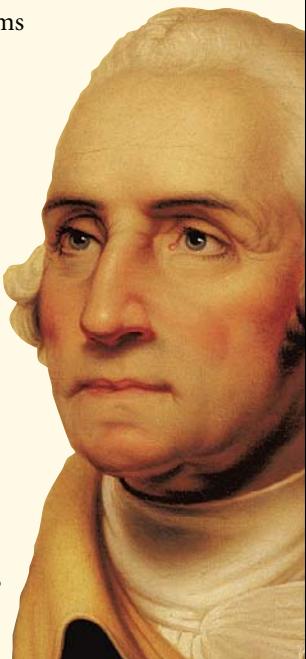
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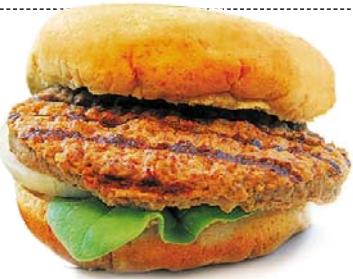
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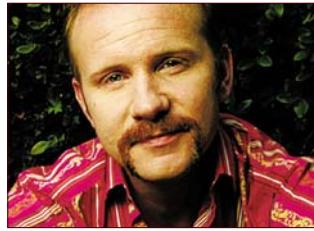
Food for the Fellas



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for Men
woos guys
with hearty
grub | **E3**

NUTRITION

Prison Break-*fast*



What the 'Super
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ate during his
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► **PLUS:** A yoga teacher to the stars brings his poses to D.C. for a monthlong course | **E5**

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



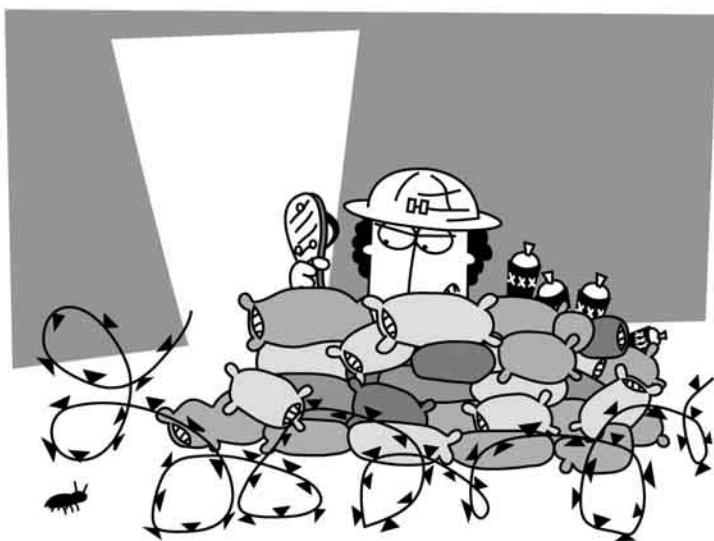
Creeped Out by Bugs, and One's Own Envy



I am a 33-year-old woman with a serious distaste for bugs. Spiders, grasshoppers, roaches, you name it. I am not being funny when I say that I sometimes stay in relationships just to have a guy around to kill them. I'm wondering, though, if this is actually a phobia in the true sense of the term. I feel like there are a lot of women like me. —DC

Oh, don't mind that — it's just the sound of the feminist movement evaporating.

Since one of the diagnostic criteria for phobias is that they get in the way of healthy daily living, they're not exactly one-size-fits-all. Fear of garlic breath, for instance, might be meaningless to a hermit, but to a Metro rider it's a living hell. Squeamishness about bugs doesn't have to be pathological, and, yes, I'll admit that I don't volunteer for silverfish management. But my



ERIC REECE

hunch, in your case, is that the very fact that you're asking if it's a problem means you know it is. Take heart, though — these sorts of phobias are among the easiest to treat. Find a good cognitive-behavioral therapist and, while you won't start waltzing with the roaches, you'll become a lot more able to handle them.



There is one woman in my circle of friends with whom I can't help but be competitive. I find that I am not as excited when good things happen to her as I am for the rest of my friends. She is nothing but nice to me, and even

though I am not as close to her as I am to some others in the group, I have no reason to wish her ill will. But I find that when she gets a promotion or has a great date or a great haircut, whatever — I seethe inside. I don't like to think of myself as a jealous person and I'm not proud of this. Is this normal?

—A JEALOUS JANE

Wow — so Angelina Jolie's friends read the column!

What matters more than whether this is normal — and it probably is, falling somewhere between secretly biting one's toenails and secretly eating them — is whether it's getting in the way of your well-being. Is this no-win competition making you feel so bad that it's dampening your general mood? Is your resentment getting in the way of happy hangouts with the rest of your circle? Are you starting to try to one-up her, rather than living life on your own terms and doing things because you truly want to?

If any of these answers is yes, or even, "Well, maybe, but I think I'll go eat some Fritos," then you might want to talk to somebody about it. It's quite possible that Pearl

the Perfect embodies 18 Achilles' heels of yours, as a living, breathing, good-date-having almanac of your insecurities. Or maybe she reminds you of someone with whom you never made peace. Or

This falls between secretly biting one's toenails and secretly eating them.

maybe — just maybe — she subtly jabs at you under the radar, and is somehow manipulative enough to make you feel at fault for not having warm fuzzies for her when she's the one who's hard to love.

Whatever the reason, jealousy can be corrosive — and explosive. Give yours some air by thinking and talking it through with somebody you trust, and you just might get to the bottom of your ire.

Send your mental-health and emotional-wellness questions to Andrea Bonior, Ph.D. at baggage@readexpress.com. This column is not a substitute for one-on-one care.

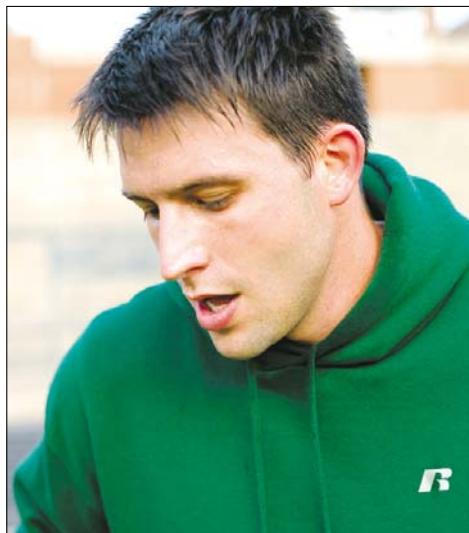


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Don't Sweat It

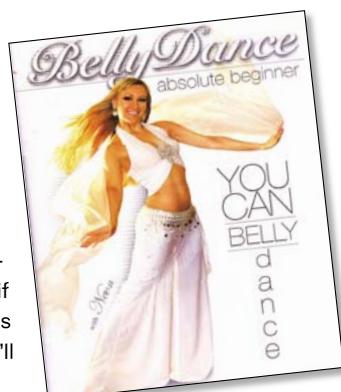
THE WORD SWEATSHIRT is completely literal. Whether they're hoodies or pullovers, they get icky quickly in hot weather. But not anymore, says Russell Athletic, which has just launched its Dri-Power line (available at sporting-goods stores). The shirts and pants look and feel like regular sweats, but they wick moisture away from your skin. Seriously. We took one on a two-mile walk in 80-degree weather and got very warm, but not all that wet. And they're awesome for dealing with offices that flip-flop between boiling and freezing.

NEW IN HEALTH warm ups



Dieting for Dudes

MEN LIKE TO EAT MAN FOOD, which doesn't include the traditional diet fare of green salads and cottage cheese. But dudes still need to lose weight, so Nutrisystem for Men has been launched (men.nutrisystem.com) to fill the void, with the help of spokesman Dan Marino, the former football star who's lost 22 pounds on the program. "I got to eat the foods I grew up with back in Pittsburgh — burgers, hot dogs, lasagna, pancakes, pot roast, meatballs — foods that guys love to eat," he raves in a press release. Of course, women on regular Nutrisystem can also get the "man foods," like a hamburger, above, and honey-mustard pretzels. (But don't tell the guys that.) On its television ads, Nutrisystem mentions the food, but also focuses on what may be a more effective way to get men to drop pounds — by telling them they'll get more action in bed.



Shimmy to Get Slimmy

HIP-HOPERS OFTEN SCOFF at belly dancing for being too slow to be a good workout. But they should try wiggling their hips for half an hour before they mock. In "Belly Dance Absolute Beginner" (\$13), the lovely Neon walks you through two dances with easy-to-follow directions that'll have you undulating in no time. The one problem? Her soothing voice is so gentle, you may be lulled into a nap. And if you choose the "step-by-step" option on the DVD, there's no music, which is also sedating. But if you can focus, you'll learn how to isolate your hips better than Shakira.

Time for New Shoes?

"**WALKERS WEAR** their shoes way too long," said Bonnie Stein, a racewalking coach in Redington Shores, Fla. "They'll show me their soles and say, 'See, my shoes still have treads.' But well before your treads wear, your midsole shock absorbers die." At that point, your feet have to take over the shock-absorbing job. The result: chronic foot pain. Here are a couple of tips to determine when it's time to retire your old trusty sneakers:

- If you walk for 45 minutes to an hour a pop, three times a week, get a new pair of shoes every five months.
- If you walk that distance four times a week, hit the shoe store every four months.



Morning Glory

LUNA BARS ALREADY TARGET a subset of the nutrition bar-scarfing population — women. Now the company's aiming at a sub-subset — women in the morning. Luna Sunrise Bars, in Blueberry Yogurt, Strawberries & Creme and Vanilla Almond flavors, are a little more like granola bars than old-school Lunas, with an emphasis on "heritage grains" (amaranth, quinoa, spelt) and a tad less protein. The usual suspects are all present — omega3s, soy and 5 grams of fiber. No aspect has much to do with morning (you can eat them any time, of course) except the more cereal-like flavors.

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Get the Bocce Balls Rolling

BALL SIZE DOES MATTER when it comes to bocce, explained Matt Herzog, a board member of the D.C. Bocce League (dcbocce.com). Washington's teams don't play with a tournament-style set, which would feature 115 mm balls. They opt for 107 mm sets instead. "A smaller ball is easier on your hand," said Herzog. And because teams in the league are coed, the smaller size helps out the smaller-handed ladies.

Herzog suggests that when shopping for a set, you grip the balls to test for softness. "A harder ball lasts longer," he advised. But when it comes to brand, there's no reason to be picky. You can find a wide selection at big sporting-goods stores. The only other equipment you'll need to play bocce is a tape measure, used to determine whose ball is closest to the "pallina" ball.

The league's summer season starts today, so it's too late to join, but you're welcome to watch their matches at Garfield Park (or use the courts there on your own).

VICKY HALLETT (EXPRESS)

VITAL STATS

1.5

NUMBER, IN MILLIONS, OF MEDICATION ERRORS MADE IN THE U.S. EACH YEAR, ACCORDING TO THE NATIONAL ACADEMY OF SCIENCES.

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| THE EXPERTS

TrainReaction

Fleet or Flat?

Q I want to be able to run for longer periods of time, but I have flat feet and it hurts too much. Is there any way to fix this through exercise?

Flat feet are also referred to as "fallen arches." Some folks are born with the condition. In others, it can be caused over time by a muscle imbalance. If you sit too much, the outside of your leg—all the way from the iliotibial band of your thigh to the peroneals of your lower leg—can become very tight and pull at the outside of the foot, causing the inside of your foot to drop.

The first step in correcting this condition is to train either barefoot or in your socks. Stay on a bike for cardio—I don't recommend running for the flat-footed. If you must run, however, consider purchasing a pair of Nike Free sneakers. They allow your foot to determine how your sneaker moves when you run, which is the opposite of what common footwear does. In the gym, do plenty of single-leg squats and step-ups using an Airex balance pad to strengthen your glutes and stretch your iliotibial band, peroneals and the soleus muscle under your calf. Using the bio-foam roller for some self-myofascial release in these areas would also be beneficial in correcting flat feet.

Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.



Kushner said. As Becker added: "You might want to take a night off to go to dinner, but pets never get a better offer. They'll nag you to life."

Even for avid runner Adrian Corbiere, having his Portuguese water dog Buddha around gets him up early for walks around Reston. "I'd exercise without him, but it's more fun with him," he said, plus it helps that an hour of play makes Buddha a calmer, more well-behaved dog.

When Corbiere is too busy to give Buddha a workout himself, he turns to DogOn Fitness (703-627-4462, dogonfitness.com), a service with the slogan "We're more than a walk around the block." Although they offer dog walking, co-owner Carol Brooks emphasized that they will also run or swim with dogs, and they create playgroups that they ferry to locations where the pets can have their own rambunctious recess. By the end of the year, the company hopes to have a canine fitness center with dog treadmills and pools. "You could drop your pet off, do shopping and come back to get your dog," Brooks explained.

Of course, that won't do anything for your flab, so if you want to be as buff as your fluffy one, you need to keep walking. Is your pooch uncooperative? (Unlikely, unless there's a nail problem, said Becker.) Dogless? Find other pups you can exercise with, recommended Kushner.

The Washington Humane Society (202-723-5730 x208, washhumane.org) can't find enough volunteers to help take each dog out for three walks a day. "We need them during the week, weekends, holidays, all the time," said volunteer coordinator Rebecca French, who added that many helpers know the excursions are as good for them as they are for the animals. "I've heard some volunteers call it their weekly workout." And there's no better end to an exercise session than a wagging tail. VICKY HALLETT (EXPRESS)

Unleash the Best

Man's finest friend is also a terrific exercise pal

Millions of people have a personal trainer living at home. But instead of following his orders to get up off the couch and take a trek around the block, most of these folks just scratch his ears and offer him a bone.

"We routinely ask patients if they own a pet, because they don't think of it as exercise equipment," explained Dr. Robert Kushner, a weight-loss specialist and professor at Northwestern University. Fido can be the ultimate workout buddy, Kushner discovered after putting a group of overweight people through a program involving exercise with their dogs. "If I tell patients to go for

a walk on their own, it's drudgery," he said. But when dog owners take their furry friends for treks around the neighborhood, they enjoy it.

And as pooches are increasingly getting paunches due to lazy owners, it's critical for them to work out, too. So Kushner teamed up with Marty Becker, the resident veterinarian on "Good Morning America," to pen "Fitness Unleashed! A Dog and Owner's Guide to Losing Weight and Gaining Health Together" (\$14, Three Rivers Press).

Their plan is straightforward: Start walking. Becker recommends beginning with at least two blocks per 10 pounds of your dog's weight, and increasing each time

out. And, as a human, you should aim for quicker than a stroll. "The pace you want is moderately vigorous, like you're walking quickly toward a bus," Kushner advised.

For desk-bound folks who never break a sweat, walking can be a wonderful foundation for a more active lifestyle. To kick it up a notch cardio-wise, Kushner suggests running, rollerblading, hiking or cross-country skiing with your doggy.

Chances are your pet will go gaga for the extra exercise, perhaps unlike the neighbor you first enlisted to be your fitness buddy. "They're licking and barking, pulling your leg to get you to go for a walk. You wouldn't want your neighbor to do that,"

VITAL STATS

4

NUMBER OF AUSTRALIAN CHILDREN, IN THOUSANDS, WHO WILL BE WEIGHED AND ASKED ABOUT THEIR DIET TO TACKLE OBESITY.

running for congress

■ Rep. Todd Tiahrt

GROWING UP ON A FARM, Todd Tiahrt (R-Kan.) never had to think much about keeping in shape. Of course, that's because his chores included flinging around 100-pound hay bales. "I stacked 2,500 of those every summer," he remembers. Now he sticks to more traditional workouts, mainly jogging three times a week. V.H.



"When I jog in Alexandria, I have a route that goes through my neighborhood and what feels like the mountains. Kansas is much flatter. I just have to worry about the wind."

"I've recently taken up paddleball. It's like racquetball, but I'm not used to no ceilings and walls. So it's more difficult. I have to play more with my mind."

"I'd like to play more golf. I'm just starting to enjoy it. I like walking and carrying my bag, but I mostly play in Kansas because it's cheaper there."

To de-stress, Tiahrt favors video games: "a Tiger Woods golf game for XBox" and "America's Army."

"I eat oatmeal in the mornings, but then I stay away from carbs."

Perfect Postures

D.C. yogis can learn to bend it like Brown in teacher training

No one is born with the power to get a room full of strangers to stand on one leg. To gain such authority, prospective yoga teachers must get trained. And luckily for D.C.'s wannabe yogis, Yoga Works, one of the country's most respected programs, is coming to town.

"It's the Harvard of yoga teacher training," boasts James Brown, the former Washingtonian who's swooping in from L.A. to lead a class through a monthlong intensive starting July 31 at Georgetown Yoga (\$2,900, 1053 31 St. NW; 202-342-7779; georgetownyoga.com). The 41-year-old, who's been practicing yoga for nearly 15 years, is not kidding when it comes to cred.

"People in D.C. are so in their brains.... It's nice to be able to focus on your body."

Yoga Works is responsible for many of the biggest names in American yoga instruction, including Shiva Rea and Baron Baptiste. NPR reporter Farai Chideya, who has been on an on-air quest to lose serious poundage, traveled to California recently to have Brown bend her into various poses. He's worked with celebrities, plying flexibility out of Sting, the Red Hot Chili Peppers and Rachel Weisz. And perhaps you've heard of his most famous client: Tipper Gore. "My practice with her was to make her comfortable, and get her to a place where she wasn't the vice president's wife," he said of their campaign-time sessions.

This time he'll be working with folks eight or nine hours each day to instill in them the Yoga Works system, which emphasizes ordering poses effectively. He aims to pass on



COURTESY YOGA WORKS

his knowledge of postures, anatomy and how to conduct a class that's "accessible and effective." Safety is another critical lesson: "Our philosophy is that we want them practicing when they're 90."

Although Brown got hooked on yoga in D.C., this is the first time the prestigious Yoga Works has brought any teachers from its bases in California and New York here. And Brown thinks it's about time. "People in D.C. are so in their brains all of the time. I love the education people have had, but when you live in your head like that, it's

nice to be able to focus on your body and your breath," he said. "I think we could do a lot of good by teaching people in positions of power. It puts relationships into perspective and makes you more compassionate. I'm looking forward to the people I train working with leaders."

He'll have more chances in 2007. The response from the summer class has convinced Yoga Works to plan two more sessions: January through May weekends-only training to accommodate those with day jobs, and an August monthlong intensive.

VICKY HALLETT (EXPRESS)

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| STUDIES

Stethoscope



Listen Up, Kids

They might live longer, but young 'uns aren't going to hear much in their golden years, according to a British survey. It found that 14 percent of those surveyed between the ages of 16 and 34 listened to personal music players 28 hours a week. Almost 40 percent didn't realize that listening to loud music could cause hearing damage. Deafness Research UK predicts members of this generation will lose their hearing 30 years before their parents will (or have).

The '90s Are Back

So it caused heart disease! Fen-Phen wasn't all bad—it did effectively help people lose weight. So researchers started giving the banned stuff to mice, identified how it affects serotonin and published their findings in the July 20 issue of "Neuron." Now the trick is to develop a drug that does the job without nasty side effects, so overweight folks can use it like the nicotine patch to break their food addictions.

Spotting Spots Sooner

Body maps aren't just useful as guides to Christina Aguilera's piercings. In a Brown University study, published in the August issue of the Journal of the American Academy of Dermatology, researchers found that people who mapped the moles on their torsos onto body drawings were quicker at noting new growths than those who relied on memory alone. This could be used to help people spot melanomas before they spread to other body parts. When caught early, victims have a 95 percent survival rate.

Back Away, Bacteria!

How to zap germs and viruses out of your daily routine

Even if avian flu never enters America, it's already in our heads. We checked with the Centers for Disease Control and Prevention, and as of right now, the only pandemic is fear.

But that's the thing with bugs, whether they're cutting-board bacteria or ultravirulent viruses: They are the ultimate invisible enemy, often infecting us with anxiety before they've triggered a single immune response. The key to staying safe is knowing which ones are worth worrying about.

The Cell Phone

→ **WHAT'S LURKING:** Methicillin-resistant *Staphylococcus aureus* (MRSA). When University of Arizona researchers tested 25 cell phones, 20 percent came up positive for MRSA, which can be deadly if it enters the bloodstream. "When was the last time you cleaned your cell phone? I'm willing to bet never," said Charles Gerba, Ph.D., the study's lead researcher and co-author of "The Germ Freak's Guide to Outwitting Cold and Flu." "These things are very germy, especially the keypads and mouthpieces."

→ **HOW TO BEAT IT:** Sanitize your cell once a week with Clorox Disinfecting Wipes (or any of the supermarket-brand clones). "The wipes won't get into the internal



GETTY IMAGES

parts of the phone and damage it the way a spray might," said Gerba.

The Shower

→ **WHAT'S LURKING:** *Methylobacter* and *Sphingomonas*. Germs thrive in warm, wet environments, which is why they like showering with you. When Norman Pace, Ph.D., a professor of molecular biology at the University of Colorado at Boulder, tested five plastic shower curtains—including his own—he discov-

ered millions of microbes lining every square inch, with 80 percent being either *Methylobacter* or *Sphingomonas*. "We know people get sick for reasons we can't put our finger on. This could be one of them," Pace said.

→ **HOW TO BEAT THEM:** Make your shower less inviting for infectious agents. Pull the curtain all the way closed after you're finished. This will help prevent bacteria from thriving inside the plastic folds. Or, better

yet, opt for a fabric shower curtain and an all-metal showerhead. If you go with a cloth curtain, toss it in the washing machine once a month, using the hottest water the fabric can handle.

Hospitals

→ **WHAT'S LURKING:** *Clostridium difficile*. Also known as C. diff, this bacteria has been causing diarrhea in hospitals for decades. Ironically, the

"When was the last time you cleaned your cell phone? I bet never."

bug remains dormant inside healthy people until they begin popping certain antibiotics, which eliminate beneficial bacteria that keep C. diff in check.

→ **HOW TO BEAT IT:** If you're going to be laid up in the hospital for more than a day, make sure your menu includes yogurt that contains "live" or "active" cultures. You'll be ingesting *L. acidophilus*, one of those good bacteria that can beat C. diff but is killed off by antibiotics.

Airplanes

→ **WHAT'S LURKING:** Norovirus. What most travelers don't realize, however, is that this bug can hijack airplanes. A recent CDC study of a flight from London to Philadelphia shows that 9 percent of the passengers and more than half of the crew were stricken with diarrhea and/or vomiting within 18 to 60 hours of the flight.

→ **HOW TO BEAT IT:** Assume that the flight attendants are infected. So if they hand you a beverage, drink it with a straw. And if they serve you a prepackaged meal, sanitize your hands after opening it. Not packing Purell? Soap and water is fine, but avoid whichever restroom the flight attendants are using. JENNIFER EVERETT (REPRINTED BY PERMISSION OF MEN'S HEALTH MAGAZINE. © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you feel as though you're observing yourself from the outside? Does your life seem unreal, as if you're dreaming or acting in a play? Do you find these feelings difficult to describe to others? Are you panicked, anxious and/or frightened? You may have **DEPERSONALIZATION DISORDER**, a mental illness that causes pronounced feelings of detachment. One saving grace: Patients know their lives are real, despite their feelings to the contrary—in other words, they still have some semblance of a grip. Extreme stress is often a trigger, and the disorder is treated with psychotherapy.

SOURCE: NATIONAL ORGANIZATION FOR RARE DISORDERS, MERCK MANUAL. NOT A SUBSTITUTE FOR MEDICAL CARE.

THE EXPERTS
ChewOnThis

Pumping Iron

Q My doctor wants me to take iron supplements. Is there a way to get more iron through the foods I eat instead?

While many different foods contain iron, the iron in some foods is better absorbed than that in others. Meats like liver, beef, venison, turkey and chicken contain the most iron—and it's the kind most readily absorbed by the body. But if you don't eat meat (often the cause of iron deficiency), try fortified breakfast cereals, many of which contain 100 percent of the Food and Drug Administration's suggested Daily Value.



Vegetables like spinach and turnip greens (and even potatoes—bake them and eat the skins) also contain iron, but in a less absorbable form. You'd need to eat large amounts of these foods every day to meet the Daily Value.

Another tip: Eating high-iron foods with vitamin C-rich foods will help boost the potency of the iron by enhancing its absorption. Foods high in C include oranges, grapefruit, tomatoes, spinach and strawberries. Try iron-fortified cereal with strawberries, or a spinach salad with diced chicken and orange slices.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

'30 Days' of Diet Hell

Morgan Spurlock has tricks for keeping his figure even in jail

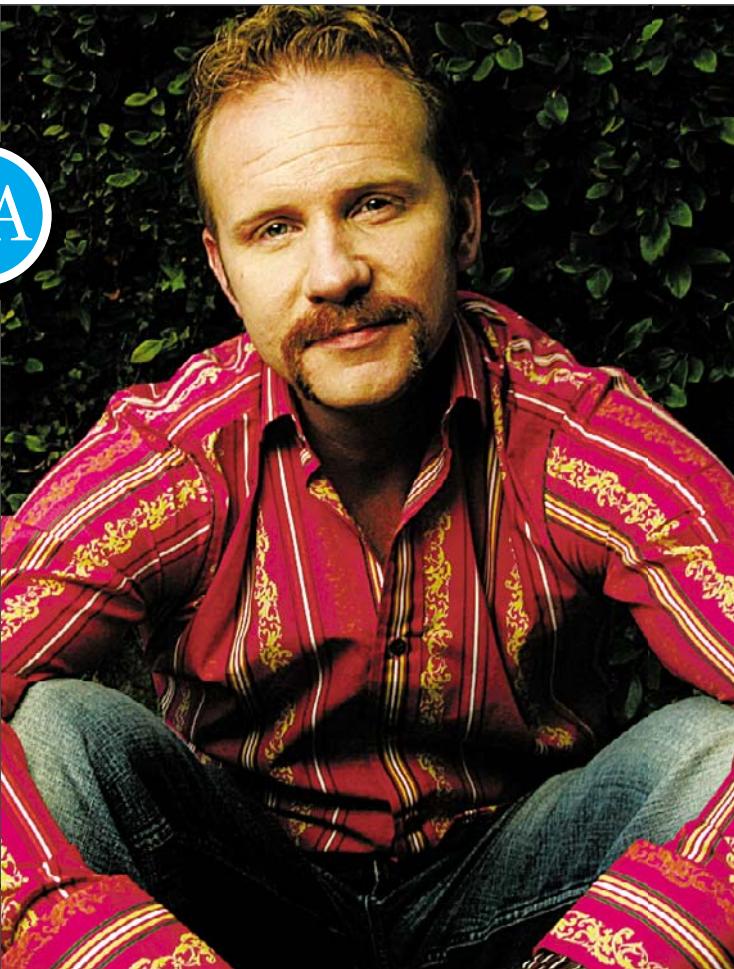
By stuffing his face with Big Macs and practically killing himself in the process for his documentary "Super Size Me," Morgan Spurlock became the anti-fast-food poster boy. His FX series "30 Days" uses a similarly immersive method to explore other parts of American society, often touching on the health aspects of various lifestyles.

In season one, available on DVD (\$27), he had an athlete try anti-aging techniques, got a mom to binge drink like her daughter and got city folks to live off the grid in an eco-village where they grew and ate their own organic food. The second season premieres July 26 at 10 p.m., and Express' Vicky Hallett talked to him about the physical toll of his challenges.

Last season, you lived on minimum wage. How hard was it to eat healthy?

I was really lucky. If I hadn't had Alex [his wife] with me, I wouldn't have eaten as well as I did. We were only spending \$40 a week on food, and when I'm in New York, I spend \$10 on just a lunch. But she was cooking and it was healthy food—beans and rice, fresh vegetables. It was kind of a Third-World diet, but it was good and hearty. If I'd been on my own, I would have spent more money on stuff in cans that I could just reheat. I was working two jobs, so when I got home, I was thinking, "What? Am I going to cook something now?"

QA



On this season of "30 Days," don't miss episode four, "New Age." 37-year-old Joe from Jersey tries tribal dancing, yoga, acupuncture and walking on coals.

Did you ever consider going to McDonald's?

Not one time ever. For me, I couldn't handle even the idea of grabbing something off of the dollar menu. I feel that a lot of the people who eat this food fall into the idea that it's too hard to cook. So, I was really fortunate.

And this season, you went to jail. Where the food was fantastic.

I'm sure.

You're eating food loaded with carbs, a lot of breads and potatoes. Because they just want to tide you over to the next meal. It's not based on any nutrition. The prison spent

an average of 69 cents per inmate per day on food.

Anything about it you liked?
I liked leaving.

How about exercise?
Where I was in jail, they get to exercise one day a week for an hour. I would walk around the day room, and 35 laps is a mile. So I would do that a few times a week, along with push-ups and sit-ups. Anything to stay active.

When you prepare for these challenges, how concerned are you about your health?

I'm concerned every time. I read and study a ton. But the most important thing for me is to stay in the best physical shape possible. If I don't, I get depressed and I'm not on the top of my game. If I'm feeling good, I can take in more of what's happening.

What do you do to stay in shape regularly?

I ride a bike, run. I hike in the mountains.

And you eat a lot of hearty vegan fare?

I do when Alex likes to cook. She's not so much on the cooking right now because she's pregnant. But she's getting over the nausea stage, which is good.

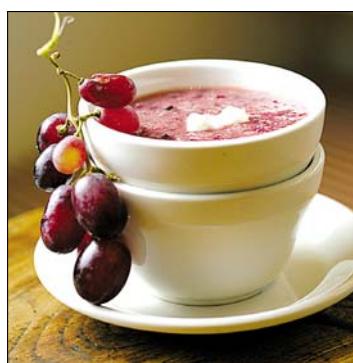
So you've been doing the cooking for her?

I have a little bit, but she doesn't want anything right now.

Chill, Tomato-Phobes

■ Red Grape Gazpacho With Quenelles

For days when you're looking for something cool and refreshing but healthy to serve as a first course or as a refresher on its own, chef Terry Conlan at Lake Austin Spa Resort, in Austin, Texas, suggests whipping up a gazpacho. (AP) **INGREDIENTS, GAZPACHO:** 4 cups seedless red grapes; 1 small cucumber, peeled, seeded, chunked; 1/2 cup diced red onion; 1 teaspoon minced garlic; 1 cup red grape juice; 1/4 cup mild vinegar, preferably rice vinegar, or white wine; 3/4 teaspoon salt; 3/4 teaspoon hot pepper sauce; 1 1/2 tablespoons olive oil. **INGREDIENTS, QUENELLES:** 2 ounces goat cheese; 3 ounces reduced-fat cream



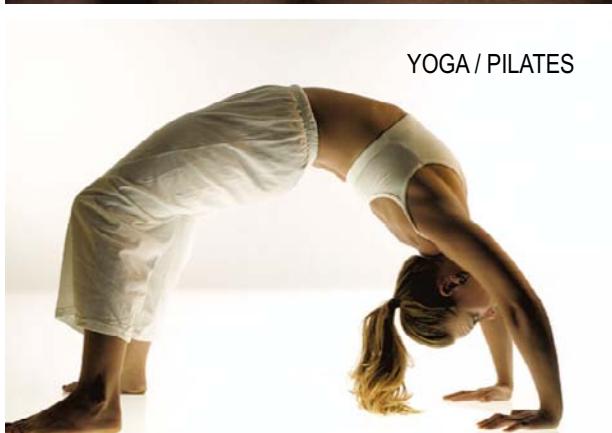
cheese; 2 tablespoons fat-free half and half; 1 1/2 teaspoons minced chives; 1 1/2 teaspoons minced fresh oregano; pinch of salt

MAKING IT: Puree all and chill. Serve gazpacho in chilled bowls. Top serving with small scoops of cheese mixture, i.e. quenelles. Makes six, 3/4-cup servings.

PER SERVING: 151 cal., 3 g pro., 23 g carbo., 5.6 g fat



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